



# i am not frail

We might all be getting older—but we don't have to get frail as we age.

With the right help, every one of us can manage, slow, stop or even reverse the signs of frailty.

The Australian Government, through the Gold Coast Primary Health Network, is offering 3 programs on the Gold Coast to help people over 65 beat frailty.

## Healthy ageing programs on the Gold Coast BUnyAH interprofessional healthy lifestyle program

<b>What is it?</b>	Health education and exercise classes
<b>Who can join?</b>	People aged over 65 (or over 55, for First Nations peoples) who are on a pension or health care card
<b>How long does it run?</b>	Twice a week for 12 weeks, then follow-up care if needed
<b>Where is it?</b>	Avanti Health Centre, Gold Coast Surgery Centre, Level 1, 103-113 Nerang Street, Southport Follow-up care appointments will be at Bond University Institute of Health and Sport, 2 Promethean Way, Robina
<b>How much does it cost?</b>	Free for eligible people
<b>Who runs it?</b>	Allied health professionals from Bond University, including occupational therapy, exercise science, physiotherapy and nutrition and dietetics

Twice a week for 12 weeks, you'll work with Bond University allied health students and their supervisors.

After an hour of group education on topics like nutrition, mood and general health, you'll enjoy group exercise and individual therapies.

Take advantage of the free gym membership at Avanti Health while you are a participant of the program.

If you'd like further help after the program ends, no problem. The team can help you keep the lifestyle changes going by referring you to other services.

### How can I get into a program?

#### Ask your GP to refer you.

If you're 65 and over and you live at home on the Gold Coast, all you need is a referral from your GP or allied health professional saying you show just one sign of frailty.

If you're a pensioner or on a health care card, you can access any of the programs for free.

People who are Aboriginal and Torres Strait Islander can join in any of the programs from the age of 55.

#### Don't think you qualify but you'd like to know more?

Even if you don't qualify for the program, there's plenty of great things you can do to beat frailty. Go to [gcphn.org.au/iamnotfrail](http://gcphn.org.au/iamnotfrail)

### So, what's frailty?

About one-quarter of people aged over 70 are frail, which means they:

- often feel tired
- feel weak
- have trouble walking 300 metres or up 10 stairs without help
- have major illnesses, like cancer or heart disease or diabetes
- have unintentionally lost weight.

When you have even one sign of frailty, you lose your ability to bounce back from illness or an accident. You're at greater risk of falling and you're more likely to end up in hospital or aged care.

At a time of life when you should be free to do anything you want, taking early action against frailty helps you keep your choices and independence.