



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 Mungulli Yarn and Walk Program

What is it?	The Mungulli Yarn and Walk program is a great way for our Aboriginal and Torres Strait Islander clients to engage in an outdoor, education-packed physical activity program.	This cultural-specific program explores cultural activities, healthy eating, specific health conditions, medications, cardiovascular disease risk factors, and physical activity.
Who can join?	First Nations peoples	Participants work with a qualified team including a health worker, physiotherapist, clinical nurse, dietician, pharmacist, and nurse navigator.
How long does it run?	Throughout each year	A physiotherapist guides clients through light physical activities and walks.
Where is it?	Robina Health Precinct, 2 Campus Crescent, Robina	Each session is limited to 10 participants to ensure individuals get the support they need.
How much does it cost?	Free for eligible people	
Who runs it?	Gold Coast Health	
Find out more	P 1300 668 936	

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 identify as an Aboriginal or Torres Strait Islander person then you can join a cultural program from the age of 18.

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

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

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