



# 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 Frailty care in the community program

What is it?	An individually tailored program to manage and prevent frailty through your choice of in-home, individual or group therapies
Who can join?	People aged over 65 (or over 55, for First Nations peoples) who are on a pension or health care card, and can't otherwise access private healthcare
How long does it run?	Six sessions, then support available for up to six months
Where is it?	Corporate House, 155 Varsity Parade, Varsity Lakes. Home visits are available for some people. Please contact us for more information.
How much does it cost?	Free for eligible people
Who runs it?	Allied health professionals with a special interest in aged care, including psychologists, physiotherapists, occupational therapists, exercise physiologists, dieticians and pharmacists
Find out more	P 0412 327 795 or E <a href="mailto:frailtyprogram@painwise.com.au">frailtyprogram@painwise.com.au</a>

This program will help you understand how you can reduce your risk of falling and losing independence.

Over six months, you will work with a team of specialists, and this program will help you to improve your physical performance, nutrition, cognition, mental health and social supports.

Expect the program to look like a variety of individual appointments and group-based movement sessions that are tailored to your needs. If you're at high risk, home visits are also available.

After your six sessions end, the support keeps on going in your peer support group. And, as well as a tailored program you can keep working on to keep building up your reserves, you can also access 4–6 months of support and care navigation.

### 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.



[gcphn.org.au/iamnotfrail](http://gcphn.org.au/iamnotfrail)



**Want to join a program?**  
Ask your GP to refer you.

**phn**  
GOLD COAST  
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