



An Australian Government Initiative

# Gold Coast Primary Health Network

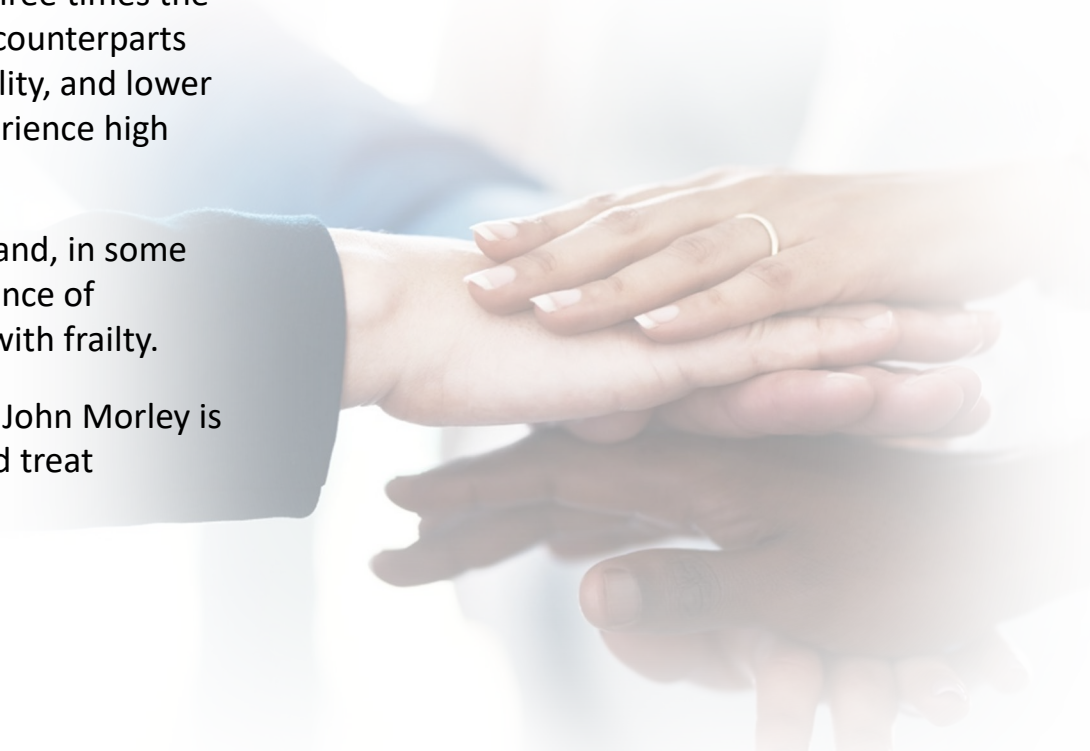
## Early Intervention: Pre Frailty





# What is Frailty?

- Frailty is a common syndrome that occurs from a combination of deconditioning and acute illness on a background of existing functional decline that is often under recognised.
- Frailty can affect up to 25% people aged 70 and over, this equates to approximately 20,413 people residing within the Gold Coast.
- Patients living with frailty have two to three times the health care utilisation of their non-frail counterparts and experience higher morbidity, mortality, and lower quality of life. Their carers can also experience high levels of stress.
- Many causes of frailty can be managed and, in some cases reversed, highlighting the importance of identifying older people who are living with frailty.
- 'The FRAIL Scale' validated by Professor John Morley is useful in General Practice to identify and treat patients aged 75+ and over.

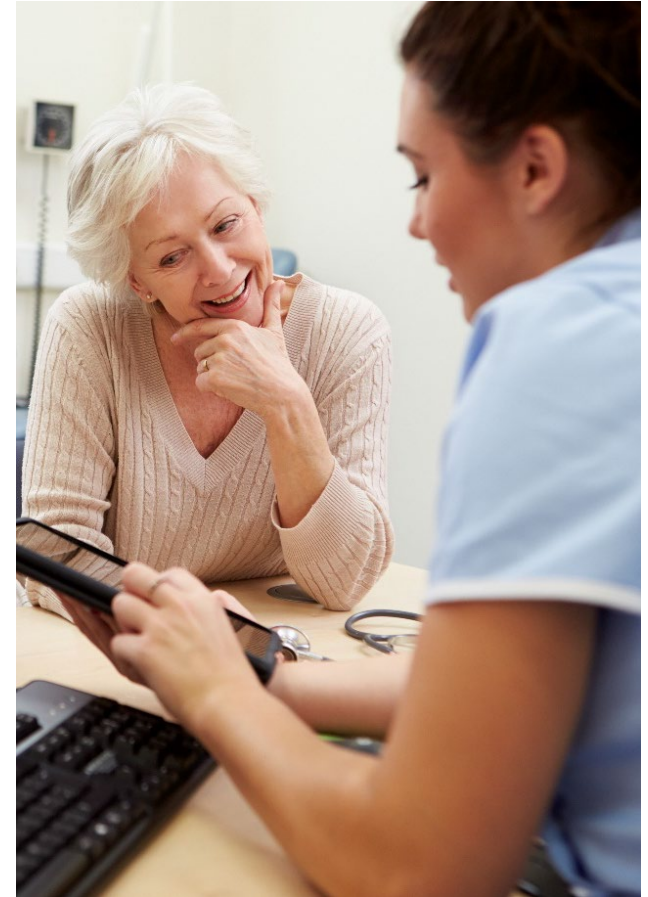




# Key Objectives in Terms of Early Intervention

Key objectives of Early Intervention (Pre-Frailty) activities commissioned by GCPHN include:

- Support senior Australians to live in the community for longer through commissioning early intervention initiatives that promote healthy ageing, slow decline and support the ongoing management of chronic conditions.
- Increase awareness in the primary health care workforce of the needs of the population and the availability of these initiatives.





What does this service offer?	A 12-week intensive active lifestyle program with bi-weekly, client-centred health education and exercise sessions to older people at risk of frailty. The program is run by a multi-disciplinary student team and under the guidance of Bond University academics and practitioners. It includes a free gym membership at Avanti Health Centre for the duration of the program.
Who is this service for?	<ul style="list-style-type: none"> <li>• People aged 65+ years or 55+ Aboriginal &amp; Torres Strait Islander, living at home (in the Gold Coast PHN region);</li> <li>• Have scored 1 or 2 on the FRAIL scale;</li> <li>• Are at risk of frailty and unable to access mainstream services;</li> <li>• Have a Commonwealth Pension/ Seniors Health Care card.</li> <li>• Cognitively and physically able to participate in group activities</li> </ul> <p>People are not eligible if they are using Palliative Care services or already living in a Residential Aged Care Home (RACH).</p>
How do I refer to this service?	GP or an allied health professional referral is required





# Mungulli Yarn and Walk

What does this service offer?	<p>The Yarn and Walk program is one of the various health programs supporting the health and wellbeing of Aboriginal and Torres Strait Islander Community offered by the Mungulli team at Gold Coast Health.</p> <p>The Yarn and Walk program provides a weekly group-based walking and education program led by a multi-disciplinary team of health experts. Sessions explore cultural activities, healthy eating, physical activity, and relaxation.</p>
Who is this service for?	People who identify as Aboriginal and/or Torres Strait Islander can join in any of the programs from the age of 18.
How do I refer to this service?	GPs referral by written request via <u>secure messaging</u> to Gold Coast Health (GCH). Refer to HealthPathways for details.





# Painwise

What does this service offer?	A four-to-six month program providing both individual appointments and group-based movement sessions personalised to the patient's needs. It will screen and assess physical performance, nutritional status, medication management, cognition, mental health and social support. Home visits are available for high- risk patients.
Who is this service for?	<ul style="list-style-type: none"> <li>• People aged 65+ years or 55+ Aboriginal &amp; Torres Strait Islander, living at home (in the Gold Coast PHN region);</li> <li>• Have scored 1 or more in the FRAIL scale;</li> <li>• Are at risk of frailty and unable to access mainstream services;</li> <li>• On a Commonwealth Pension/ Seniors Health Care card.</li> </ul> <p>People are not eligible if they are using Palliative Care services or already living in a Residential Aged Care Home (RACH).</p>
How do I refer to this service?	GP or an allied health professional referral is required.



***\*\*Note this program is currently at capacity.***



# Pre-frailty Support in General Practice

## RESOURCE DEVELOPMENT:

- Based off a 2025 review of the Pre-frailty services, GCPHN project and communications team are developing a resource for General Practice and Carers around supportive nutrition and exercise choices in terms of frailty prevention. These will be offered and disseminated to General Practices in Early 2026

## GENERAL PRACTICE FRAILTY EDUCATION IN EARLY 2026:

- GCPHN will be holding a Pre-Frailty education session garnered towards General Practitioners and Practice Staff on identifying, diagnosing and supporting patients with pre-frailty. This session is likely to take place between March and April 2026- please keep an eye on GCPHN events webpage and newsletters

## EARLY INTERVENTION QUALITY IMPROVEMENT (QI) IN GENERAL PRACTICE:

- GCPHN staff can support your practice in implementing Quality Improvement activities including:
  - [Healthy Ageing and Frailty.](#)
  - [Clinical audit for GPs to earn 9.5 CPD hours:](#)  
Improving the care of the older person through a 75+ health assessment.







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***Building one world class health service for the Gold Coast***

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