



STRENGTHENING AGED CARE PROJECT

Information for HACC Service Providers

UQ SPORT in partnership with Home and Community Care Resource Unit (HACC, Queensland Health) are developing a service model to provide at-home physical activity services to support frail and pre-frail individuals in the North Brisbane area utilising Medicare Plus.

Increasing the physical activity levels, mobility and functional status of frail/pre-frail older individuals will lead to an improvement in the health of participants. In the longer term, there may be decreased medical & community care expenditure and an increased likelihood that older people will be able to stay in their homes longer, better able to conduct the activities of daily living.

As a result of this project, we expect to see:

- Frail/pre-frail individuals being more physically active and reducing the need to access additional health and community care services; and
- An increase in the number of General Practitioners (GPs) referring frail/pre-frail individuals to home based allied health services under Enhanced Primary Care (EPC) program.

Delivery of the project will involve an Accredited Exercise Physiologist (AEP) conducting at home visits to frail/pre-frail individuals identified as benefiting from this Project. Three to five visits per individual will be delivered by the AEP at no cost to the individual* (*subject to each case being compliant with Medicare rebate requirements).

Parameters of the project include:

- Clients meeting the required criteria;
- The number of visits available per client (subject to Medicare rebate allowances);
- The AEPs involved in the project (must be employees of UQ SPORT); and
- The number of clients to be included (for testing purposes).

Requirements for HACC Service Providers

The HACC Service Provider will be requested to:

- identify individuals who meet the client criteria and in the opinion of the HACC Service Provider would be likely to benefit from participation in the Project;
- complete a client checklist (provided by UQ SPORT), particularly if the client has self identified involvement in the program;
- Obtain "client consent". This consent will be for sharing information from the client's ONI assessment with the AEP and for photographs and video footage of the clients to be used for education purposes; then:
 - a. Contact UQ SPORT regarding each client, requesting details of available AEP's for visits in their nominated area and to provide ONI information; and
 - b. Contact, or assist clients to contact, GPs to obtain AEP referral (Referral may be sent directly from the GP to the AEP);
- Assist in monitoring the clients adherence to the activities prescribed by the AEP;
- Assist in identifying appropriate case studies for further education purposes; and
- Provide information regarding community based physical activity programs suitable for the client to participate in.



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Who can participate?

AEPs will only visit clients who live in the following suburbs:		
Ascot	Herston	Newmarket
Ashgrove	Indooroopilly	Newstead
Auchenflower	Kedron	Paddington
Bardon	Kelvin Grove	Red Hill
Bowen Hills	Kenmore	St Lucia
Chapel Hill	Kenmore Hills	Stafford
Clayfield	Keperra	Taringa
Enoggera	Long Pocket	The Gap
Everton Park	Milton	Toowong
Gordon Park	Mitchelton	Wilston
Hendra	Mt Cootha	

Clients will also need to meet the following specific criteria:

- reside within a 10km radius north of St Lucia (in the suburbs outlined above);
- reside in an independent / private residence;
- be under the care of a GP through an Enhanced Primary Care (EPC) program;
- have a GP referral for at least 3 AEP visits;
- be capable of participating in the number of prescribed visits, the first two visits in consecutive weeks and one final visit, 8-12 weeks after the previous visit (other visits can be scheduled with the AEP);
- be available for 60 minutes for the first and final AEP visits;
- be available for 30 minutes for other AEP visits;
- must agree to only claim Medicare rebates for AEP services (and not claim through Private Health Insurance). The AEP will claim the Medicare rebate directly and deliver the visit at no cost to the client;
- in the event other Allied Health Services have been claimed under the EPC plan in the calendar year, either:
 - only access the number of visits remaining to be claimed under Medicare (out of a total of 5 allied health visits per calendar year); OR
 - pay the visit fee of \$48.95 to UQ SPORT;
- be coherent and capable of following instruction;
- speak English (sufficiently to understand the instruction of the AEP); and
- be physically capable of participating in basic activity.

Clients are strongly encouraged to share information from the AEP visit with their HACC service provider to maximise the support available.

For further information regarding the Strengthening Aged Care Project, please contact
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