



NMHS Older Adult Health Hub

Helping older adults stay healthy, independent and connected

The North Metropolitan Health Service (NMHS) Older Adult Health Hub provides older people with health and wellbeing care in one convenient community setting.

It helps older people get the right care, at the right time, in the right place.

At one location, you can:

- See onsite doctors, nurses and allied health professionals
- Get health assessments, advice and care planning
- Connect with rehabilitation and recovery support services
- Get help navigating aged care or health systems and explore options to local services such as home care, social activities or community transport

Your care may be delivered via:

- Face-to-face appointments at our hub located at 42 Osborne Place, Stirling
- Phone or video appointments.



How the hub can help you

You may benefit from visiting the hub if you:

- Find daily tasks harder
- Have frequent hospital visits
- Take many medications
- Have memory or thinking problems
- Face social challenges, such as living alone.

Who can use the hub

You must meet a few eligibility criteria to use hub services. These include:

- Living in the North Metropolitan Health Service catchment area
- Being aged over 65 years, or over 50 years if Aboriginal
- Having complex health needs.

Our services

We offer a wide range of services to support older people, and the family and friends who care for you.

Health and specialist care services include:

- Geriatric assessment and advice
- Help finding and connecting with a general practitioner (GP)
- Specialist allied health services including occupational therapy, physiotherapy, dietetics, pharmacy and social work.

Social and aged care support includes:

- Help navigating the health system
- Support to link in with social services including housing, transport, and community services
- Support to access aged care assessment and reassessment services
- Advance care planning
- Support for carers and families.

How to access our services

Ask your GP to refer you or someone you care for to the hub.

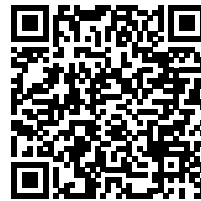
Once we receive your referral, we will:

- Assess your needs – this may be done over the phone or at a face-to-face appointment)
- Connect you with the right services
- Coordinate follow-up care with your GP and other providers.

More information

For more information, please speak with your GP.

NMHS Older Adult
Health Hub



Healthy WA



Notes

