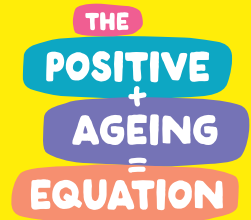


Getting back on track

Maximising functional ability after a setback



This checklist is intended for use with the book *The Positive Ageing Equation*.

Name: _____

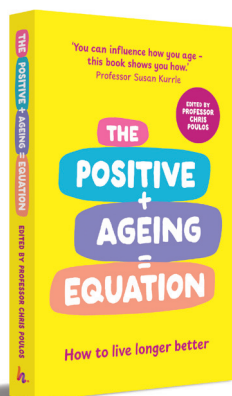
GP's name: _____

Date: _____

The term 'setback' in this checklist refers to both a health condition or an injury.

Area	Check	My notes
Understand	<ul style="list-style-type: none"><input type="checkbox"/> Get educated about the setback.<input type="checkbox"/> Start with your GP and only use reliable consumer resources<input type="checkbox"/> Understand how the setback will affect your intrinsic capacity (doing power) – now and in the future<input type="checkbox"/> Learn how you can minimise the impact of the setback on your intrinsic capacity and functional ability (getting things done) - now and in the future<input type="checkbox"/> Find out if the setback had a cause, and whether you can prevent future similar setbacks	
Optimise	<ul style="list-style-type: none"><input type="checkbox"/> Ask about the treatment options, including any side effects or costs<input type="checkbox"/> Have you weighed up the advantages and disadvantages of the treatment options<input type="checkbox"/> Know what you can expect in the days or weeks to follow<input type="checkbox"/> Ask what to do if things don't go to plan<input type="checkbox"/> Ask what steps you can take to help your recovery – lifestyle changes, diet, exercise	

Area	Check	My notes
Rebuild	<ul style="list-style-type: none"> <input type="checkbox"/> Ask if there are reversible losses in intrinsic capacity that you can rebuild (e.g. due to bed rest or immobility) <input type="checkbox"/> Ask what exercise, nutritional or other strategies will assist in rebuilding and maintaining intrinsic capacity. <input type="checkbox"/> Ask whether you do these yourself or if you should see another healthcare professional (e.g. physio) <input type="checkbox"/> Ask about any funded programs that could help you rebuild intrinsic capacity (e.g. government funded aged care services) <input type="checkbox"/> Ask if you would benefit from seeing any other specialised healthcare professionals or need a rehabilitation program 	
Use	<ul style="list-style-type: none"> <input type="checkbox"/> Will assistive technologies or home modifications help you keep functioning - know the costs and if it needs to be professionally prescribed <input type="checkbox"/> Can you use the physical environment to compensate for lost doing power <input type="checkbox"/> Can government programs help e.g. funding aids and modifications, or a mobility parking permit <input type="checkbox"/> Can you get things done more easily e.g. online shopping, telehealth <input type="checkbox"/> Will services into your home help <input type="checkbox"/> Will a support group help <input type="checkbox"/> Can family help with harder tasks e.g. finances, technology, shopping <input type="checkbox"/> Would a move to alternative accommodation help – but know the pros and cons and costs 	



The Positive Ageing Equation: How to live longer better is a new approach to ageing well at any stage of life.



Purchase copies of the book via the QR code or at

thepositiveageingequation.com