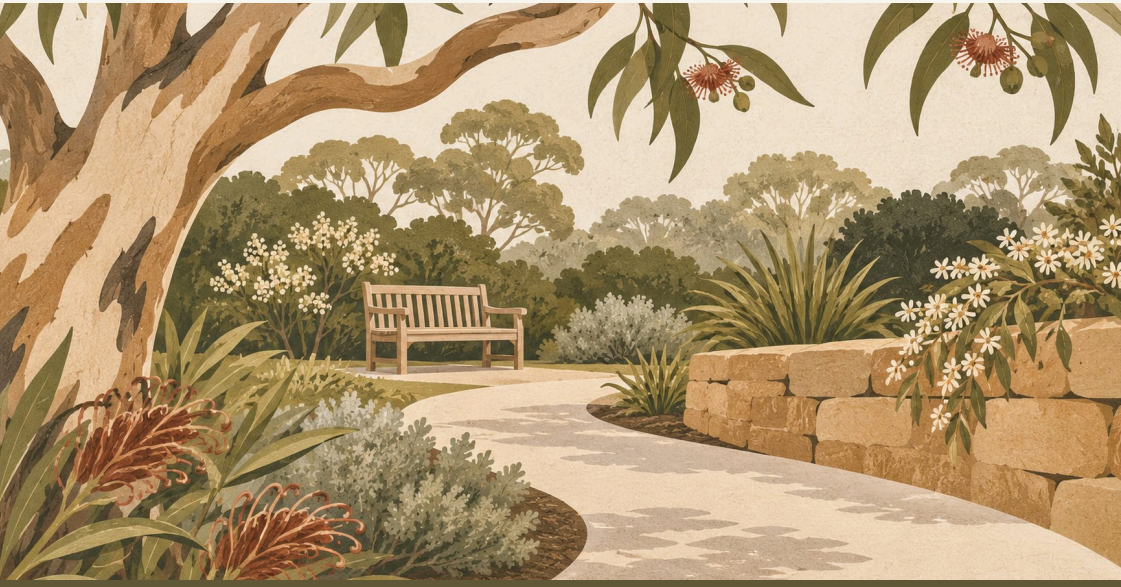
Ageing well.

Is every part of your care connected?

A guide to healthy ageing
from St Ives Doctors.



St Ives Doctors

WELCOME

Care through generations.

There is no shortage of health advice. Knowing what the evidence supports, and how it fits your life, is harder. This guide brings it together.

Since 1983

We have cared for generations of St Ives families, knowing our patients and being here as their needs change. Our new practice and Health Hub bring more expertise close to your GP.

Always welcome

Whether you have been with us for years or are new to St Ives Doctors, you and your family are always welcome.

Clinical leadership, shared standards

Our team of GPs brings a broad range of experience and clinical interests, so whatever your needs, there is a GP here to help. Your GP leads your care, with the whole team close at hand.



CLINICAL LEAD

Dr Caroline Scarman

Caroline guides how we care for older patients, drawing on her special interest in older people's health and chronic condition management.

CONTENTS

Built around what you love.

Travel. Time with the grandchildren. A favourite game, garden or creative pursuit. Whatever matters most to you, we will help you build a plan around it.

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YOUR PLAN

What an effective plan includes.

01 **Understand your priorities**

We start with you: what you enjoy and want to keep doing, whether that is travel, family, sport or a favourite hobby.

02 **Establish your baseline**

Together we look at where you are now, with up-to-date blood tests, measurements and any conditions you have.

03 **Review any symptoms or changes**

Your physical and mental health, living arrangements and the support around you all matter. We talk through what has changed together, and evidence-based screening can help pick up anything worth a closer look early.

04 **Set your goals**

You and your GP agree clear, measurable goals and how to reach them. That might mean treatment, a medicines review, vaccines and skin cancer checks, or bringing other health professionals into your care team to guide and accelerate your progress.

Protection that matters.

An infection can take more out of you as you get older, and recovery can take longer. Staying up to date helps protect against serious illness.[1]

VACCINATIONS FROM AGE 75

Influenza (flu)	Every year
COVID-19	Every six months
Herpes zoster (shingles)	Two doses
Pneumococcal disease	One dose, if not had before
Respiratory syncytial virus (RSV)	One dose

Not sure what you need?

We can check your vaccination record and tell you what is due.[1]

> **No out-of-pocket cost**
> For Medicare patients aged 75 and over, these scheduled vaccines and their appointments are bulk billed. Walk in or book a nurse appointment.

YOUR PLAN

Care that follows through.

The value of a plan is in what happens next, as life changes.

01 **Follow up as results come in**

Your GP keeps track of results and reports from your treating practitioners, and you meet when there is anything to discuss.

02 **Hear from us when something is due**

We let you know when a vaccine, screening test or review is coming up, or when something needs your attention, so nothing slips through.

03 **Check in whenever you need**

Come back as often as you like. Book a standard consultation for anything new, a repeat prescription, or to go through any aspect of your plan.

04 **Review it every year**

Twelve months on, a bulk-billed annual review is a chance to look together at how you are going and refresh your plan.

Stronger. Steadier.

Rising from a chair, taking the stairs, walking to the shops. Strength and balance protect the freedom to do these everyday things, and help prevent falls down the track.

Confidence starts with stability

A fall, a near miss or dizziness can signal a need for review. Your GP checks the causes and your fracture risk, with a bone density scan if needed. Osteoporosis injections and infusions are available here.[2]

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1 in 4 fewer falls in older people who do balance and strength exercise.[3]

Clinical Physio St Ives

DIRECTLY OPPOSITE OUR PRACTICE

Personalised programmes, including age-appropriate resistance training, build strength and balance. One-to-one sessions, group classes and their own gym suit older adults, with exercises to do at home too.[3,4]

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(02) 8319 3642 • Independent provider; fees apply. Medicare subsidies and health fund rebates may be available.



08 ENERGY AND STRENGTH

Eating for your needs.

Food needs change with activity, appetite and health. Eating to suit them sustains energy, strength and the life you enjoy.[5]

Make each meal count

Eggs, fish, yoghurt and beans add protein to everyday meals. If appetite is low, smaller meals more often may be easier. Drink regularly unless you have been advised to limit fluids.[5]

Tell us if you are losing weight without trying, or if shopping, cooking, chewing or swallowing is getting harder.

A sharp mind, every day.

Staying sharp keeps you doing what you love. If something changes, understanding it is the first step.

Understand the change

Your GP looks at memory alongside mood, hearing, eyesight and medicines, with screening when a closer look would help.

45% of dementia may be prevented or delayed by tackling risks like hearing loss and high blood pressure.[6]

Dr Miranda Say

CLINICAL NEUROPSYCHOLOGIST

If memory or staying sharp is a focus for you, sessions with Miranda build practical strategies that can help brain function and quality of life. With your consent, she joins your care team, working alongside you, your family and your GP towards your goals.[7]

At your first session, you and Miranda work out a plan that best suits your needs. Private fees apply.

Sudden confusion is an emergency. Call Triple Zero (000).[8]



Skin cancer care.

Two in three Australians are diagnosed with skin cancer by 70. Found early, most are simple to treat.[9]

Dr Masoud Moghaddam

GP • FRACGP, FACCSM

Masoud pairs careful dermoscopy and ongoing monitoring of spots with skilled procedural work, from biopsies to skin cancer excisions and repairs. Everything is done in our modern procedure room, with clear advice on results and aftercare.[10]

Skin checks are booked separately, with no referral required. Book online or with our front desk team.

Make medicines simpler.

Medicines should help you live well. Side effects, a complicated routine, a recent hospital stay or several prescribers are all reasons to consider a review.[11]

A review at home

Your GP checks whether a Home Medicines Review would help and passes on the questions you want answered. At a short follow-up, you can ask anything, understand why any change is recommended and stay in control of what works for you.

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4 in 10 Australians aged 75 and over regularly take five or more medicines.[12]

Minh Tran

CREDENTIALLED PHARMACIST • HOME VISITS

Minh reviews your prescriptions, supplements and routine at home, checks for side effects, interactions and practical difficulties, then advises your GP.

With a GP referral, the home visit is free and the GP follow-up is bulk billed. The referral appointment may have a fee.[11]



Home, on your terms.

The right support makes home life easier and leaves more time and energy for the things you enjoy.

Nurse Next Door Ku-ring-gai

IN OUR HEALTH HUB

From shopping and transport to personal care and wound care, you design support around your needs and budget: a one-off visit, once a week, or for a period after a hospital stay. Call or walk in to explore private care and government funding.[13,14]

1300 600 247 • Independent provider; fees apply.

Plan ahead, together.

Knowing your wishes helps the people close to you support the choices you would make for yourself.

Make your wishes known

Talk with your GP and family about future care. An Advance Care Directive records your treatment preferences; an enduring guardian is appointed separately. Keep the people involved informed. [15]

Stay safe on the road

In NSW, annual driving medicals start at 75. From 85, an unrestricted licence generally requires a practical test every two years. Bring your Transport for NSW letter. [16]

Care for the people caring

If you care for someone, your health matters too. Carer Gateway offers counselling, coaching and respite on 1800 422 737. Eligibility applies. [17]

YOUR NEXT STEP

Put your plan in place.

A 75+ Health Assessment gives you and your GP time to set goals and plan together. Anything new should never wait.

Blood tests on site

Your GP may ask for blood tests first, so results are ready to discuss. Douglass Hanly Moir Pathology is on site at Shop 10, Monday to Friday, 8am to 1pm.

DOUGLASS HANLY MOIR PATHOLOGY

Register with MyMedicare

Free and voluntary, MyMedicare helps you get the full Medicare benefits available to you and keeps your care plans with the team who knows you. Complete a form at our front desk.

BOOK YOUR 75+ HEALTH ASSESSMENT

(02) 9144 7340

Call or scan to book. Allow about an hour, and mention a driving medical if due.

75+ Health Assessments, GP care plans and reviews are bulk billed. Standard consultations and skin checks have private fees. [11,18,19,20]

NOTES

A place for your questions.

Something to ask, or something to remember.

EVIDENCE AND FURTHER READING

1. Australian Government: vaccines health.gov.au
2. RACGP: osteoporosis guidance racgp.org.au
3. Cochrane: exercise and falls (2019) cochrane.org
4. Clinical Physio: programmes clinicalphysiostives.com.au
5. NSW Health: eating well nsw.gov.au
6. The Lancet: dementia prevention (2024) thelancet.com
7. St Ives Doctors: brain health stivesdoctors.com.au/well-connected
8. healthdirect: sudden confusion healthdirect.gov.au
9. Cancer Council: skin checks cancercouncil.com.au
10. St Ives Doctors: Dr Masoud stivesdoctors.com.au/doctors
11. healthdirect: medicines reviews healthdirect.gov.au
12. AIHW: polypharmacy in Australia aihw.gov.au
13. healthdirect: leaving hospital healthdirect.gov.au
14. Nurse Next Door: care at home nursenextdoor.com.au
15. NSW Health: planning ahead health.nsw.gov.au/patients/acp
16. Service NSW: older drivers service.nsw.gov.au
17. Carer Gateway: carer support carergateway.gov.au
18. Medicare: 75+ health assessments mbsonline.gov.au
19. Medicare: chronic condition plans MBS items 965 and 967
20. St Ives Doctors: fees stivesdoctors.com.au/fees

Edition 1, November 2026. General information only. Talk to your GP about your situation. Guidance, eligibility, fees and service details can change.

St Ives
DOCTORS

Here when you need us.

(02) 9144 7340

FIND US

Shop 11, St Ives Plaza Shopping Village, next to IGA.
351 Mona Vale Road, St Ives.

OPEN

Monday to Friday, 8am to 6pm.
Closed weekends and public holidays.

PARKING AND ACCESS

Two hours free parking.
Bus stop at the door.
Step-free entry.

ONLINE

stivesdoctors.com.au

WHEN WE ARE CLOSED

healthdirect • free nurse advice, 24 hours	1800 022 222
13SICK • after-hours home doctor visits	13 74 25

Emergency? Call Triple Zero (000).

For chest pain, severe breathing difficulty, signs of stroke, sudden confusion or a serious injury.