

Senior Client Assessment Package - Simplified

Based on your age and our initial chat, I've prepared these essential forms. Please complete them at your own pace and return them before our meeting. If you need any help or clarification, don't hesitate to ask.

Required Forms (Priority)

1. Simplified Health Questionnaire

- Current medications and any medical conditions
- Recent surgeries or injuries (within last 5 years)
- Any physical limitations or pain
- Regular activities you currently enjoy
- Your typical daily routine

2. Basic Movement Assessment

- Can you get up from a chair without using your hands?
- Can you walk up stairs without holding the rail?
- Do you experience dizziness when moving quickly?
- Are there any movements that cause you discomfort?
- What activities do you find challenging in daily life?

3. Lifestyle & Preferences

- Preferred time of day for exercise
- Available equipment at home (chairs, stairs, resistance bands, etc.)
- Previous exercise experience
- Activities you enjoy or would like to try
- Activities you prefer to avoid

Optional Information

4. Goals & Expectations

- What would you like to achieve through our sessions?
- Any specific activities you'd like to do better?
- How often can you exercise between our monthly sessions?
- What would make you feel successful in this programme?

Safety Note: Please ensure you have clearance from your GP if you have any medical conditions or concerns about starting an exercise programme.