The Reach for Health Centre

Daventry Health Rehabilitation Trust

ACTIVE HEALTHY AGEING QUESTIONNAIRE

Patient Information *(Please print clearly)*

Name: ..... Sex: Male ☐ Female ☐

Address: ..... Date of Birth: ...../...../.....

..... Tel No: .....

..... Email: .....

Post Code: ..... Registered GP: .....

Next of Kin: ..... Registered Practice Surgery: .....

Next of Kin Tel No: .....

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Most people should not face any problems with engaging with exercise, however this questionnaire has been designed to identify those who may require adapted or modified types of activities. Common sense is the best guide in answering these few questions.

Please read them carefully and answer each one honestly: check YES or NO.

Please cross the appropriate box by each question

	YES	NO
1. Do you get chest pain while at rest and/or during exertion?	☐	☐
2. Have you had a heart attack? If yes, what year:	☐	☐
3. Are you short of breath after extremely mild exertion, at rest, or at night in bed?	☐	☐
4. As an adult, have you ever had a fracture in the hip, spine, or wrist?	☐	☐
5. Have you undergone joint replacement surgery? Joint: ..... Year:	☐	☐
6. Have you fallen more than twice in the past year (no matter what the reason)?	☐	☐
7. Do you know any other reason why you should not do physical activity?	☐	☐
8. Are you currently being treated for any heart or circulatory condition, such as vascular disease, stroke, angina, hypertension, congestive heart failure, poor circulation to the legs, blood clots, or pulmonary disease? If yes, please elaborate:	☐	☐

9. Is there anything else our coaches need to know to ensure your own and others' safety?

.....

.....

Where did you hear about this program?

.....

Tel 01327 871118 | **Email** info@reachforhealth.co.uk | **www.reachforhealth.co.uk**

The Reach for Health Centre, Stefen Hill Ground, Western Avenue, Daventry, Northamptonshire NN11 4UD

The Reach for Health Centre is the operating name of Daventry Health Rehabilitation Trust. Registered Charity number: 1138302

Accredited Willing Provider NHS

Activity ON REFERRAL www.exercisecanhelp.com

British Heart Foundation HEART START

CAF Charities Aid Foundation

ARMED FORCES COVENANT

University of Northampton Partnership