

## Resources and support

### 1 NSW Get Healthy Information and Coaching Service

This **free telephone-based health coaching service** can support and motivate you to reach your healthy lifestyle goals to maintain your independence.

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)  
OR call **1300 806 258**.

### 2 Falls Prevention resources

#### **Staying Active on Your Feet book:**

Provides you with information and ideas on ways to reduce your risk of falling.

Order the book on the Active and Healthy website  
[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)  
OR by calling **1300 655 957**.

#### **Clinical Excellence Commission:**

This website has a range of falls prevention fact sheets in a number of languages.

These can be downloaded and/or printed.  
[www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)

## Keep the mind active



Keeping the mind active is just as important as keeping your body active.

Ideas for keeping your mind active at home:

- Read a book.
- Do a word search, crossword or Sudoku (find a puzzle book or search online).
- Watch quiz based TV shows.
- Many museums and art galleries have online access to collections.
- Learn a new skill via the internet, for example, a new language.

Contact your local Health Promotion Service to discuss other support services available in your community

## Staying Active and Healthy at home

Practical tips and information for older adults to stay active, healthy, and connected at home.



active &  
HEALTHY



active &  
HEALTHY

## Stick to an active routine



If you are spending more time at home, it's still important to have a routine and keep active. This will help you to stay healthy and happy.

Aim to build 30 minutes of activity into your day. Ideas to stay active at home include:

- Strength & balance or circuit based exercises.
- Yoga, Pilates, Tai Chi or dancing.
- Cleaning, cooking or gardening.
- Pottery, sewing or arts and crafts.

Take some time to learn a new hobby or skill.

### Useful websites with home based exercises:

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

[www.exerciseright.com.au](http://www.exerciseright.com.au)



☆ With any new exercise routine ensure you start slow and at a level that is safe for you.



## Nourish your body to keep your immune system strong



Eat a range of healthy foods to ensure you are getting the nutrients you need for good health.

- Frozen or canned fruit and vegetables are nutritious options if you don't have access to fresh produce. Include legumes and beans (canned or dried).
- Include a range of wholegrains and cereals in your diet such as rice, pasta, bread, cereal and couscous.
- Consume moderate amounts of reduced fat milk, yogurt, cheese, and lean meats/and or alternatives such as eggs, tofu, nuts and seeds.
- Make water your drink.

You may consider home delivery meal services such as **Meals on Wheels**:

[www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au)

For more information on Healthy Eating visit:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Remain in touch and support one another



If you are spending more time at home, and less time with family and friends it is important to keep in touch in other ways:

- Check in with friends, family and neighbours regularly over the phone.
- Try video calls from your computer or smartphone.
- Speak to neighbours over the fence or from your balcony.

**If you or someone you know needs help, contact the NSW Health Mental Health Line:**

Call **1800 011 511**

OR visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au) for more information.



☆ Positive social support can help us to feel connected.