

- Be active for at least 30 minutes every day.
- Wear supportive footwear.
- Have regular medical check-ups.
- Remove clutter.
- Use secure handrails.
- Use Walking Aids correctly.
- Eat healthy meals and drink plenty of water.
- Use medication safely.

INJURY PREVENTION

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- Be able to identify early signs of depression and/or dementia.
- Be sensitive to older person's multiple losses.
- Understanding and defining the illness itself.
- Recognize opportunities to transition; alternative and more appropriate programming.
- Know when to seek help from other professionals and referrals.
- Understand there is always a reason for a shift in behaviour.
- Understand stigma attached to some illnesses.
- Take older person seriously.

MENTAL HEALTH

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To the Older Adult:

- It is never too late to start being active.
- Be active for at least 30 minutes every day.
- Being active supports disease prevention, and disease management.
- Being active helps to maintain independence.
- Activity has to become part of the daily routine.

To the Instructors/ Activity Leaders:

- Assess participants needs and ability.
- Safety and risk management.
- Keep things fun, functional, creative and provide variety.

PHYSICAL ACTIVITY

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- Eat regular, healthy meals.
- Take calcium and Vitamin D.
- Drink plenty of water.
- Practice food security.
- Watch for sudden weight fluctuations.
- Understand the social component of eating.
- Balance food intake and activity.
- Modify diet for chronic diseases.

HEALTHY EATING

HEALTHY EATING

