

Living Well at Home



Improving your personal wellbeing



Wellness is a journey ...

Most people want to age in their own home, feel safe and well, and stay in control of their own life.

Wellness is a very personal journey. While many of us want similar things, everyone is different. We all value different things, have different goals and challenges, and we move at our own pace.

Our every-day choices and daily decisions affect our health and well-being. Being healthy and feeling well is so much more than getting good test results from the doctor.

Even with health issues and limitations, you can feel well and happy. Wellness or well-being can begin with a CHOICE.

Knowing what makes you feel good is important. Knowing what stops you from feeling good is vital.

We can think of our wellness or well-being in three parts:

- **Body:** strengths, limitations
- **Mind:** mental, emotional, intellectual
- **Social:** family, friends, community, spiritual, outings.



1 Discover your wellness options

Working out the main points of your personal wellbeing helps you to stay in control of your life. Review your well-being checklist (on back page) and match it to some tips to build your **Body, Mind** and **Social** well-being.

It's important to know what's out there for yourself and others.

2 Decide to grow your well-being

What do you need to stay well, feel safe and happy at home?

3 Take action

What's working well? What's holding you back? People and organisations in your community can help you understand your options and help you make a plan.

4 Get local support and information to grow your wellness

Call the organisations that interest you. Most people are local and all are happy to support you.

Websites also have great information to get you started.



Feel happy and healthy with these great tips

BODY

- Eat well and exercise:
As you age, you gradually lose some body muscle. Ensuring you eat good proteins at every meal is essential to give your body what it needs to avoid muscle loss and repair where possible. Undertaking regular exercise is also important – make it more enjoyable by exercising with friends or neighbours. Our *Eating Well and Staying Strong* booklets have helpful information to keep your body healthy and strong. Call COTA for a copy of these resources: **(03) 6231 3265**.
- Talk to your GP regularly. Share your wellness checklist.
- Medications — review with your GP or pharmacist regularly.
- Join a local Heart Foundation Walking Group.
- Stay healthy and safe:
 - practice social distancing
 - practice hand hygiene
 - cover your cough
 - keep your vaccinations up-to-date

MIND

- Learn something new, or take up an old hobby.
- Connect with local activities:
 - contact your local council of library and ask what activities are on offer in your area.
 - call COTA on **(03) 6231 3265**
- check out COTA's list of local community activities:
www.cotatas.org.au/information/activities



[Find
community
activities in
your area](http://www.cotatas.org.au/information/activities)



- Talk to someone if you feel down, stressed, sad, anxious angry or nervous:
 - A Tasmanian Lifeline: **1800 984 434**
 - Beyond Blue: **1300 224 636**
- Smiling Mind — Easy listening exercises for a healthy mind (*free phone app*)

SOCIAL CONNECTION

- Call a friend or a family member
- Have you tried video calling loved ones? Its easy when you know how.
 - Call COTA if you need help with this **(03) 6231 3265**.
 - www.cotatas.org.au/information/getting-help/it-instructions-how-to-use-zoom
- Any old hobbies you'd like to take up again? Maybe a new activity? Meet new people?
- Chats is a social support program that offers a variety of social activities every month across the state. Contact them on:
 - » North: **(03) 6334 4430**
 - » North West: **(03) 6424 6547**
 - » South: **(03) 6282 1555**
 - Red Cross Telecross:
1300 885 698
- Need transport to connect with people and services? Call Community Transport Services Tasmania (CTST):
1800 781 033

General contacts

Some handy contacts for services that may be useful for you:

- COTA Tasmania:
(03) 6231 3265
www.cotatas.org.au
- Care Finder Program (COTA Tasmania):
1800 518 048
- Advocacy Tas:
1800 005 131
- Carer Gateway:
1800 422 737
- Dementia Australia – Tasmania:
(03) 6279 1100
- Elder Abuse Helpline:
1800 441 169
- Housing Connect:
1800 800 588
- Legal Aid – Senior Assist:
1300 366 611
- Migrant Resource Centre TAS:
(03) 6221 0999
- My Aged Care:
1800 200 422
- RESPECT Safe at Home helpline:
1800 737 732
- Working It Out:
(03) 6231 1200
(sexuality and gender support)

Your wellness checklist

Think about the list below and the different areas of your personal wellbeing. What are you doing now? What may you need to do more of? Who could help you make changes? Tick the ones that apply to you.

BODY

- I **eat well**
- I **sleep well**
- I **exercise** regularly
- I **can do lots of things with my body**
- I know **what stops me from moving well**
- I **take medication**
- I manage my own **prescriptions**
- I can **manage pain** with support
- I talk to my **GP (doctor)** regularly

MIND

- I keep my **mind active**
- I am **aware** of my **mood (positive and negative)**
- I am **mentally strong** (resilient)
- I **create** my own **routines**
- I make time **for activities and hobbies I enjoy**
- I **decide daily** to feel well
- I **seek support** when I need it

SOCIAL CONNECTION

- I **connect** with family and/or my friends
- I am part of a **social group**
- I find ways to **show kindness** to others
- I learn about **new events**
- I take on **new ideas** (e.g. video call loved ones)
- I like to go on **outings**
- I am a **volunteer**
- I meet **people who share my interests**



Wellbeing changes over time.



You can take control and get support to improve your wellness.



This tick box exercise can be your starting point.