



Confident Care In Aged Care

Confident Bite

Issue 3



What does healthy ageing mean?



Healthy ageing is about more than avoiding illness.

It is about maintaining your physical health, mental wellbeing, independence, social connections, sense of purpose, dignity, and quality of life as you age.



Healthy ageing is supported through staying active, eating well, keeping socially connected, continuing to learn, looking after mental wellbeing, maintaining independence, and participating in activities that bring meaning and enjoyment.

WAYS TO SUPPORT HEALTHY AGEING

Independence

I can continue to do the things that are important to me and make decisions about my own life.

Supporting your ability to remain in control, maintain daily routines, and make choices that reflect your preferences and values.

Physical Health

I can stay as active, mobile, and healthy as possible so I can enjoy everyday activities.

Promoting wellbeing through exercise, nutrition, healthcare, and support to maintain strength, mobility, and independence.

Mental Wellbeing

I feel emotionally supported, valued, and able to maintain a positive outlook on life.

Encouraging emotional health through meaningful support, social engagement, and opportunities to build resilience and confidence.

Social Connections

I can stay connected with my family, friends, and community and avoid feeling isolated.

Supporting relationships and participation in community activities to foster belonging, companionship, and social inclusion.

Sense of Purpose

I have meaningful activities and goals that give me a reason to get up each day.

Helping you engage in interests, hobbies, volunteering, learning, or other activities that bring fulfillment and enjoyment.

Quality of Life

I can live comfortably, safely, and in a way that reflects what matters most to me.

Focusing on comfort, safety, personal preferences, and overall wellbeing to support a life that is meaningful and satisfying.

Dignity and Choice

I am treated with respect and have a say in the decisions that affect my care, lifestyle, and future.

Ensuring your voice is heard, your rights are respected, and you remain actively involved in decisions about your care and future.

How You Can Support Healthy Ageing?

As a family member, friend, or carer, you play an important role in helping older individuals remain healthy, independent, and connected. Small actions can make a big difference to their wellbeing, confidence, and quality of life.



Support Physical Health

- Go for regular walks together
- Encourage chair-based exercises or stretching
- Dance to your favourite music
- Join a local exercise or senior's group
- Work together in the garden
- Prepare healthy meals together



Support Social Connections

- Arrange visits with family and friends
- Attend community events or social groups
- Participate in cultural or faith-based activities
- Help them stay connected through phone or video calls
- Enjoy outings to cafes, markets, or parks together



Support a Sense of Purpose

- Encourage hobbies such as knitting, woodworking, painting, or crafts
- Support volunteering opportunities
- Help them care for a pet or plants
- Encourage sharing skills, stories, or family traditions
- Engage in lifelong learning activities.



Support Mental Wellbeing

- Have regular conversations and listen actively
- Play cards, puzzles, or board games
- Read books, newspapers, or magazines together
- Listen to music or sing favourite songs
- Encourage relaxation activities such as deep breathing or mindfulness
- Look through photo albums and share memories



Support Independence

- Encourage them to do tasks they can manage safely
- Involve them in meal planning and shopping
- Support decision-making about daily routines
- Encourage use of mobility aids or assistive equipment when needed
- Help set achievable personal goals.



Support Quality of Life and Dignity

- Respect their choices and preferences
- Celebrate birthdays, cultural events, and special occasions
- Create opportunities for enjoyable experiences
- Encourage activities that are meaningful to them
- Involve them in decisions about their care and future planning

TAKE A QUIZ



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The best activities are those that are meaningful, enjoyable, and tailored to the individual's interest, abilities, culture, and goals. **Healthy ageing is not just about staying physically active it's about staying connected, valued, independent, and engaged in life.**

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