



TAKE FIVE TO AGE WELL *at Home*

INVERCLYDE
HSCP
Health and Social
Care Partnership



Take Five to Age Well encourages you to make small changes that can help you to keep well, feel better, and age better.



It tells you the difference small changes can make and suggests some ideas.

There are also tips for your family, friends and carers.

You don't have to do everything -
choose ideas that interest you!

EAT!

Eating well is good for your health



What's in it for me?

- ✓ Helps you feel better and healthier
- ✓ Protects against illness and helps wounds heal more quickly
- ✓ Gives you more energy
- ✓ Helps prevent and treat constipation
- ✓ Helps you sleep better
- ✓ Reduces your risk of trips and falls
- ✓ Is important for strong bones and muscles



EAT!

Small changes for better ageing...



Brush your teeth twice daily for a healthier mouth.

- Choose a nutritious breakfast. Porridge with fruit, toast with peanut butter or eggs, for example.
- Try to include fruit and veg in your diet. Add microwave veg to ready meals. Add salad to sandwiches and fruit to yoghurts or ice cream.
- **If big meals are too much**, try eating 'little and often'. For example, 3 small meals and 3 snacks a day.
- A daily snack box. Include healthier snacks such as fruit, oat or rice cakes and wholegrain cereal bars.
- **If you are underweight or losing weight without meaning to**, go full fat. Change to full fat milk, yoghurts, puddings. Add cheese and butter.

Tinned, fresh or frozen fruit and vegetables are good options.





EAT!

Tips for family, friends and carers

SNACK
BOX

- Help prepare a snack box. Include a variety of foods with sweet and savoury options.
- Make microwave meals more nourishing by adding vegetables.
- Add fruit to desserts. Tinned and frozen are fine.
- Add extra flavour to food by adding sauces, chutney, herbs or pepper.
- Talk about food, likes, dislikes and new things to try. Things like hummus and cream cheese are easy to eat and nutritious.
- If you are shopping for someone, try to involve them in making choices. Look through recipe books or magazines together or show them what's available online.
- Notice any changes in appetite and report early.
- If you are concerned that someone is not eating enough and/or losing weight, encourage snacks and high calorie foods such as full fat dairy products.
If this doesn't work, contact the GP.



DRINK!

Stay well hydrated for healthy ageing



What's in it for me?

Good hydration:

- ✓ Improves your mood
- ✓ Gives you healthier skin
- ✓ Gives you more energy
- ✓ Helps your concentration

And helps lessen:

- ✓ Confusion
- ✓ Side effects of medication
- ✓ Headaches
- ✓ Dizziness
- ✓ Constipation
- ✓ Urinary tract infection (UTIs / urine infections)
- ✓ Trips and falls



DRINK!

Small changes for better ageing...



Alcohol
doesn't
count!

- Always have a drink at your side. If you struggle with water, try diluting juice.
- Drink less caffeine. Maybe switch to decaffeinated options in the afternoon.
- Eat more foods containing lots of water. This includes soups, stew, custard, ice lollies, jelly, cucumber, melon and tomatoes.
- **If your weight is on the low side**, have a glass of milk with each meal.
- Check your pee! Each time you go to the toilet, check the colour of your pee. If clear or light yellow, you are drinking enough. If dark yellow, aim to get more water in your body. If brown, you may need to seek medical advice.

Some
medications
can change the
colour of your
pee!



DRINK!

Tips for family, friends and carers



- Try giving a glass of water with medication and encourage to drink all of it before giving any further drinks.
- Try using a water bottle with markings so you know how much someone is drinking.
- Leave drinks within reach. We are more likely to drink what is in front of us.
- Check cups and glasses are appropriate (not too heavy, handles and spouts if needed).
- All fluids count except alcohol. Water is best but tea, coffee and diluting juice etc all count. Milk is great if someone is not eating enough as it provides fluid and calories.
- Prompt, but respect refusals.

People over 65 need 30mls of fluid per kilo, so a 50 kg person (8 stones) needs at least 1500 mls per day. Around 3 pints or 5 tall glasses of water.

MOVE!

Being active boosts body and mind



What's in it for me?

- ✓ Helps you stay healthy and do everyday tasks more easily
- ✓ Helps you stay as independent as possible
- ✓ Can improve your balance and reduce the risk of trips and falls
- ✓ Strengthens your bones and muscles
- ✓ Improves your sleep
- ✓ Boosts your mood (can help with anxiety and depression)
- ✓ Boosts your energy and reduces stiffness and soreness
- ✓ Helps prevent constipation



MOVE!

Small changes for ageing better...



- Walk! If you can, walk around the house regularly throughout the day.
- Break up periods of sitting with a stand. If you can, get up and stretch every hour through the day. If you're watching TV stand up during the adverts.
- If you can't stand, roll your shoulders, tap your toes, and stretch your arms and legs.
- If you can, stand while the kettle is boiling.
- If you are able, do some light housework.
- If you've been given an exercise plan, work your way through it.
- Move to music. Sitting or standing, dance for a few minutes each day to your favourite songs.

**Don't forget
to use your
walking aid!**

**When
doing a new
movement or
exercise, start
gently**



MOVE!

Tips for family, friends and carers

- Encourage gentle movement but respect refusals.
- Build movement into tasks already happening, for example, making a cup of tea.
- Give simple prompts: "Shall we stand together?"
- With walking, praise effort, not distance.
- Keep in line with existing plans for care, reablement or moving and handling.



**Encourage
independence
where possible**

CONNECT & ENGAGE!



**Make and maintain social connections
for your health**

What's in it for me?

- ✓ Improves your mood
- ✓ Keeps your thinking sharp
- ✓ Gives you a sense of purpose and something to look forward to
- ✓ Builds your confidence
- ✓ Helps you stay active





CONNECT & ENGAGE!

Small changes for better ageing...



- Connect or reconnect. Call or invite a friend round for a chat.
- Know your neighbours. Try to speak to someone, even if it's just to say hello.
- Gratitude. Write down people, pets and things you feel grateful for. This can be past or present.
- Every week, give someone you know a compliment. It could be about their thoughtfulness, kindness, generosity or other qualities.
- Write a letter or card to someone.

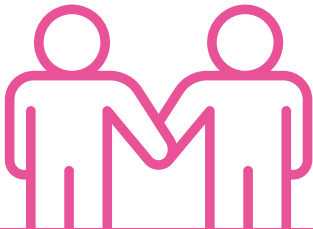
**Ask about Age
Scotland's
Friendship Calls
by calling them on
0800 12 44 222**

CONNECT & ENGAGE!



Tips for family, friends and carers

- Treat conversation as **care**, not an “extra”.
- Use open questions to encourage conversation: “Tell me about...”
- Where possible, encourage wider community contact. This could be groups, friends, family or neighbours. Even a chat with the postie!



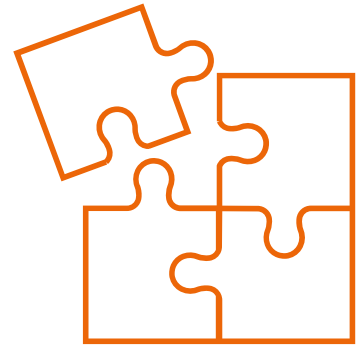
THINK!

Use your brain to stay sharp



What's in it for me?

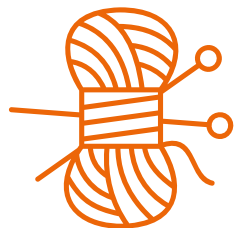
- ✓ Helps keep your thinking sharp
- ✓ Helps your memory
- ✓ Improves your mood
- ✓ Builds your confidence
- ✓ Helps you with decision-making
- ✓ Gives you a sense of achievement





THINK!

Small changes for better ageing...



- Learn or do something new and maybe share it with others. It could be anything -crafting, crochet, knitting, drawing, model making...
- Doodle every day, put pen to paper and see what happens.
- Do puzzles and play games every day. This could include crosswords, word searches, jigsaws. Shout out the answers to a quiz show on TV.



- Take time to notice. Plan time every day to pause, and use your senses to take notice of your surroundings. Things like sounds, sights, smells and textures.
- Read books or magazines. Make use of your local library, including their talking books.
- Breathe deeply. One or more times a day, breathe in through your nose slowly and deeply, and out through your mouth slowly.
- Get and look after a houseplant.

THINK!



Tips for family, friends and carers

- There is no right or wrong, trying something new or different counts.
- It counts even if the activity is shared or prompted.
- Gently remind, you're never too old to learn.

LEARN



Thank you to all the people in Inverclyde who helped create
Take Five to Age Well at Home.



Take5 Take Five to Age Well:
Empowering the UK towards longer,
healthier lives, Faculty of Wellbeing,
Education and Language Studies



And Open Learn The home of free
learning from the Open University
OpenLearn-Open University
(Thousands of free courses)

