

We all need to consider what to expect as we face ever increasing longevity. Whilst getting older might be inevitable, how you age is in your hands.

It is essential therefore that we all take actions to ensure we manage our health, to live as independently as possible and maintain a good quality of life as we age.

Positive lifestyle choices can help you live better for longer. Complete an Independence check up to see where you are on your journey, when to get help, and the benefits of taking action towards living longer better.

### Step 1

#### The early signs

- Walking slowly and feeling unsteady when walking
- Unintentional weight loss
- Frequent memory lapses such as forgetting important events and appointments
- Feeling a bit weak. Trouble opening jars and bottles due to reduced grip strength
- Difficulties recognising people and places you know well

### Step 2

#### Activity changes

- Reduced social contact outside of the home
- Holding onto furniture when walking in the home
- Difficulty completing an average of 30 minutes of exercise per day
- Difficulty keeping up with showering, shopping, and cleaning
- Not preparing and eating meals regularly
- Doing less than you used to/having low activity levels

### Step 3

#### Taking action

- Ask for help, don't be too proud
- Discuss the early signs/activity changes with a GP
- Stay in regular contact with your family and friends
- Use information on [KeepAble.com.au](https://www.keepable.com.au), such as the 'Sit Less Move More' handout
- Check out LiveUp, a healthy ageing platform full of ideas, links and resources. [LiveUp.org.au](https://www.liveup.org.au)
- Access support from [myagedcare.gov.au](https://www.myagedcare.gov.au)

### Step 4

#### The results

- Improved quality of life
- Live life better for longer
- Remain independent in your home
- Have a sense of purpose and control
- Know when and where to get help in the future

Check out more information at: [keepable.com.au](https://www.keepable.com.au)