

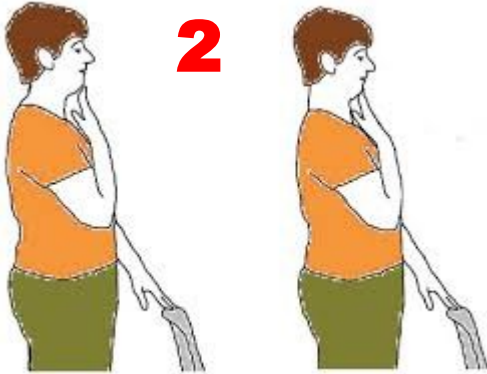
Do you want to Keep your Dignity?

Here are 3 key tips to practice 3 times daily that will help you keep your dignity and independence as you age.

1

Sit to Stand

It really is the bottom line. If you can practice and maintain/regain the ability to lower yourself into and out of a sitting position without using your arms you are 5 times more likely to be able to use the toilet yourself in older age.

2

Stop the Stoop

Chin up! If you can get the hang of and practice this simple exercise you will not only look better to everyone around you but you will feel more confident, reduce back pain, help your breathing and your mood.

3

Balance Challenge

It's not just pride but poor balance that comes before a fall!

- Test yourself to see how your balance is.
- Take exercises that are designed to improve strength and balance.
- Build balance practice into your life.

Yoga, Tai Chi, Pilates, Qi Gong, OTAGO, Vitality or tailored Home Exercise programmes are all ways of improving and maintaining your balance. Doing these exercises will massively reduce your risk of injurious falls and will significantly speed up your recovery to independence.

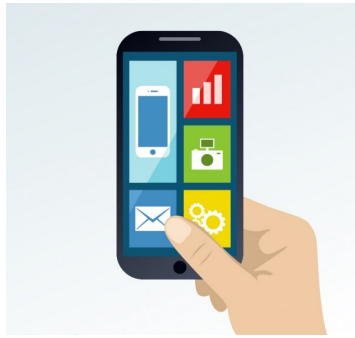
Information on how to do these exercises and their benefits can be found on

http://www.laterlifetraining.co.uk/wp-content/uploads/2015/08/OEP-Home-Ex-Booklet_AdvancedS_A5.pdf

If you fall – Do you want to make the best possible recovery?

Here are 2 things you need to learn and maintain to achieve this

1



Get a phone

Learn to use it

Programme in numbers you need in an emergency

Keep it on at all times

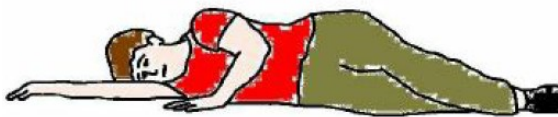
Keep it on you at all times

This is a key skill if you want to live independently in 2019 and beyond.

2

Learn how to get yourself off the floor and keep practicing before any emergency situation arises.

We will show you how to get safely down to the floor and back up again.



Roll from your back to your front.



Push up with your hands until you are in a side sitting position



To get from here, with your hands shoulder width apart, lean your weight forward onto your arms and lift your bottom up and over your knees.



Practice crawling so you can get yourself to the nearest chair or solid piece of furniture.



Slowly bring one hand, followed by the other onto the chair.



Bring your stronger leg up first. Lean your weight over the chair and push up with your stronger leg.

But this will only help you if you practice

We do not advise that you do this for the first time when you are alone at home.

Get your family to join in and help you.

Make sure you have your phone on and you know how to summon help.