How to age well

Simple ways to stay healthy, active, and connected

COOK

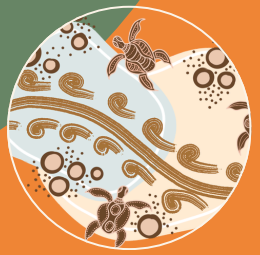
Enjoy nutritious meals. Try new recipes and fresh ingredients

SOCIALISE

Stay connected. Meet friends, join clubs, or attend community events

EXPLORE

Keep your mind active. Try new hobbies, learning, or small adventures, and engage in activities that challenge your brain to support a healthy body and mind



EXERCISE

Move daily. Include resistance exercise to improve balance, coordination and strength

Useful Resources

For information on planning for health as you age, see:

- LiveUp website
- Choose health, be active – a physical guide for older Australians
- Physical activity guidelines for older people | Healthdirect
- Australian guide to healthy eating
- My Aged Care
- National Seniors
- Council on the Ageing

This information is general and for healthy individuals living independently. Seek further advice from your local healthcare provider to address your specific needs.

Artwork sources:
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Australian Frailty Network | HCF Research Foundation | mater research

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Healthy Ageing

STAYING STRONG IN BODY, MIND & SPIRIT

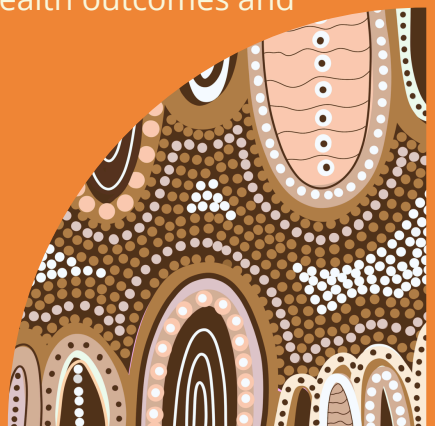
What is Frailty?

Frailty is NOT an inevitable part of ageing, and you can prevent or reduce your risk of frailty.

- Frailty is a condition of reduced function and health.
- Older adults with frailty are more susceptible to large declines in health from minor illnesses such as the flu or falls.

To slow down the impacts of ageing, look after your body and mind. Focus on activity, nutrition, mental health, and preventative care such as allied health to help maintain independence as you age.

Many of the causes of frailty can be managed and, in some cases reversed to create better health outcomes and quality of life.



How can you support healthy ageing?

Keep vaccinations, health assessments and medicine reviews up to date.

Oral care is important.

Drink plenty of water.

Seek advice on smoking and alcohol use.

Stay active, eat well .

Aim for 7 to 8 hours of sleep daily.

Eat a well-balanced diet.

Be social.

Am I at risk of frailty?

FATIGUE

How much of the time in the last 4 weeks did you feel tired?

- ☐ Some, a little or none of the time
- ☐ All or most of the time

RESISTANCE

In the last 4 weeks by yourself and not using aids, did you have any difficulty walking up 10 steps without resting?

☐ Yes ☐ No

AMBULATION

In the last 4 weeks by yourself and not using aids, did you have difficulty walking 300 meters?

☐ Yes ☐ No

ILLNESS

Do you have 5 or more illnesses ? Including hypertension, diabetes, cancer (excluding minor skin cancer), chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, and kidney disease.

☐ Yes ☐ No

LOSS OF WEIGHT

Have you lost more than 5 kg or >5% of your body weight in the past year?

☐ Yes ☐ No

If you answer yes to 2 or more of the questions talk to your health care provider to assess your level of frailty and develop a management plan.