



Handy Home Care hints

Everybody wants to remain living independently for longer, but do you know what practical things you can do to achieve this?

We've picked 9 of the best hints from our Home Care staff and clients, and hope they can help you.

1.

Let's move!

Walk every day for 20 minutes or do physical activities you enjoy to keep your legs and core strong. Exercise positively benefits the mind and soul, so you may want to think about joining a group that keeps you engaged in enjoyable activities.

2.

Be you, celebrate you

Keep your unique sense of self alive. Never lose sight of your culture, diversity or individual gifts or preferences and do what it takes to keep what is unique to you alive. This might include practicing cultural or religious beliefs, or practicing your art, hobbies or skills. Keep doing activities that keep you entertained, light you up or bring you joy.

3.

Nurture your relationships

Reach out, call, invite over or visit people and maintain as many positive connections that you can. Find ways to build and develop relationships every day in ways that are mutually beneficial.



4.



Need a hand? Reach out

If you're struggling with everyday jobs like gardening or vacuuming, there is help out there. Home Care providers like Southern Cross Care may be able to help provide government-funded services tailored to your needs. For more information, check out our Home Care FAQs.



5.

Get a pet

If you haven't already got a pet, it's a great source of companionship and joy. They're also a very fun reason to exercise, and can really improve your mood. There are also many adopt a pet or weekend foster visiting pet programs also available through the RSPCA or other animal shelters.





Handy Home Care hints Continued

6.

Now we're cooking

If you can, cook healthy meals in bulk and freeze them for those days when you're not feeling so energetic or well. Using meal delivery services can also assist if the chore of shopping and cooking is becoming a struggle.



7.

Safety first

Set up yourself to be safe at home. If you receive Home Care services, talk to your team about a home safety check or an Occupational Therapist review of your home. Video door bells, personal alarm pendants, ramps, grab rails or small home modifications can make a big difference to the feeling of safety and security at home.

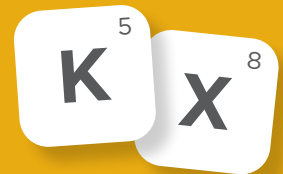


8.



Technology can help

Whatever your interests are, technology could be really helpful. Whether it's an iPad for reading novels or playing Sudoku, or smart technology to give you reminders about upcoming appointments, there's something for everyone. You can also ask your local council about their free computer literacy programs.



9.

Be social, be merry

Maintain social outings, volunteering, crafts, interest groups or any activity that gets you thinking outside of yourself or gives back to the community. Activities like intergenerational reading at schools or volunteering to visit isolated individuals can serve to increase your sense of self worth and boost your mood.

If you need any support to live independently at home, call our Home Care team on 1800 852 772.