HEALTHY AGING: GOOD HEALTH ADDS LIFE TO YEARS
As we grow older, we experience an increasing number of major life changes, including retirements, the loss of loved ones, and the physical changes of aging. Healthy ageing is about much more than staying physically healthy – It’s about maintaining your sense of purpose and your zest for life.
MYTHS & REALITIES ABOUT AGEING

- **MYTH**: older people don’t understand new technologies.

- **REALITY** – People over 55 years are the fastest group of internet users in Australia. A survey of retirees under 75 years found that 53% accessed the internet from home.
- **MYTH**: Mature age workers lack the drive, creativity and commitment of younger workers.

- **REALITY**: Mature age workers are skilled and highly effective employees.
- **MYTH**: Mature age workers take more time off due to sickness, accidents and caring responsibilities.

- **REALITY**: Many older people actively contribute to their communities. For example, more than half of home and community care volunteers are for old age people.
- **MYTH**: Older people are burden on society.

- **REALITY**: 80% of people 70 Years and over, live independently without help from care services.
MYTH : The ageing of the population is a looming crisis.

REALITY : People are living longer, many enjoying an active and healthy and independent as long as possible.
MYTH : People stop learning once they reach 60 years.

REALITY : Older people continue to learn as they age. They are particularly good at integrating new material into their existing skills and knowledge.
MYTH: Older people are isolated and lonely.

REALITY: Approximately 80% of older people attend social activates (e.g.) restaurants, outings, sport) and 65% go to cultural events and venues (e.g. cinema, libraries, museums.)
- **MYTH**: Pensioners and retirees only care about themselves.

- **REALITY**: Many older people actively contribute to their communities. For example, more than half of home and community care volunteers in NSW are 65 years and over, 13 and 28% of people 65 years and over do unpaid voluntary work.
**TIPS FOR COPPING WITH CHANGE**

- Focus on the things you’re grateful for.
- Acknowledge and express your feeling.
- Accept the things you can’t change.
- Take daily action to deal with life’s challenges.
TIPS FOR FINDING MEANING AND JOY

- Pick up a long neglected hobby.
- Play with your grand children or a favorite pet.
- Learn something new (**an instrument, a foreign language, a new game**)
- Get involved in your community (**volunteer or attend a local event**)
- Take a class or join a club.
- Go on a weekend trip to a place you’ve never visited.
- Spend time in nature (take a walk, go fishing, enjoy a scenic view)
- Enjoy the arts (visit a museum, go to a concert or a play)
TIPS FOR STAYING CONNECTED

- Connect regularly with friends and family.
- Make an effort to make new friends.
- Spend time with at least one person every day.
- Find support groups in times of change.
TIPS FOR KEEPING YOUR MIND SHARP

- Work something new in each day
- Take on a completely new subject
FORMULA FOR HEALTHY AGEING

The specific ingredients of healthy ageing are different for everyone; the common factors are good mental health and the ability to manage stress.

Knowing the basic formula for healthily ageing will help you live with meaning and joy throughout your senior years.
Thank You