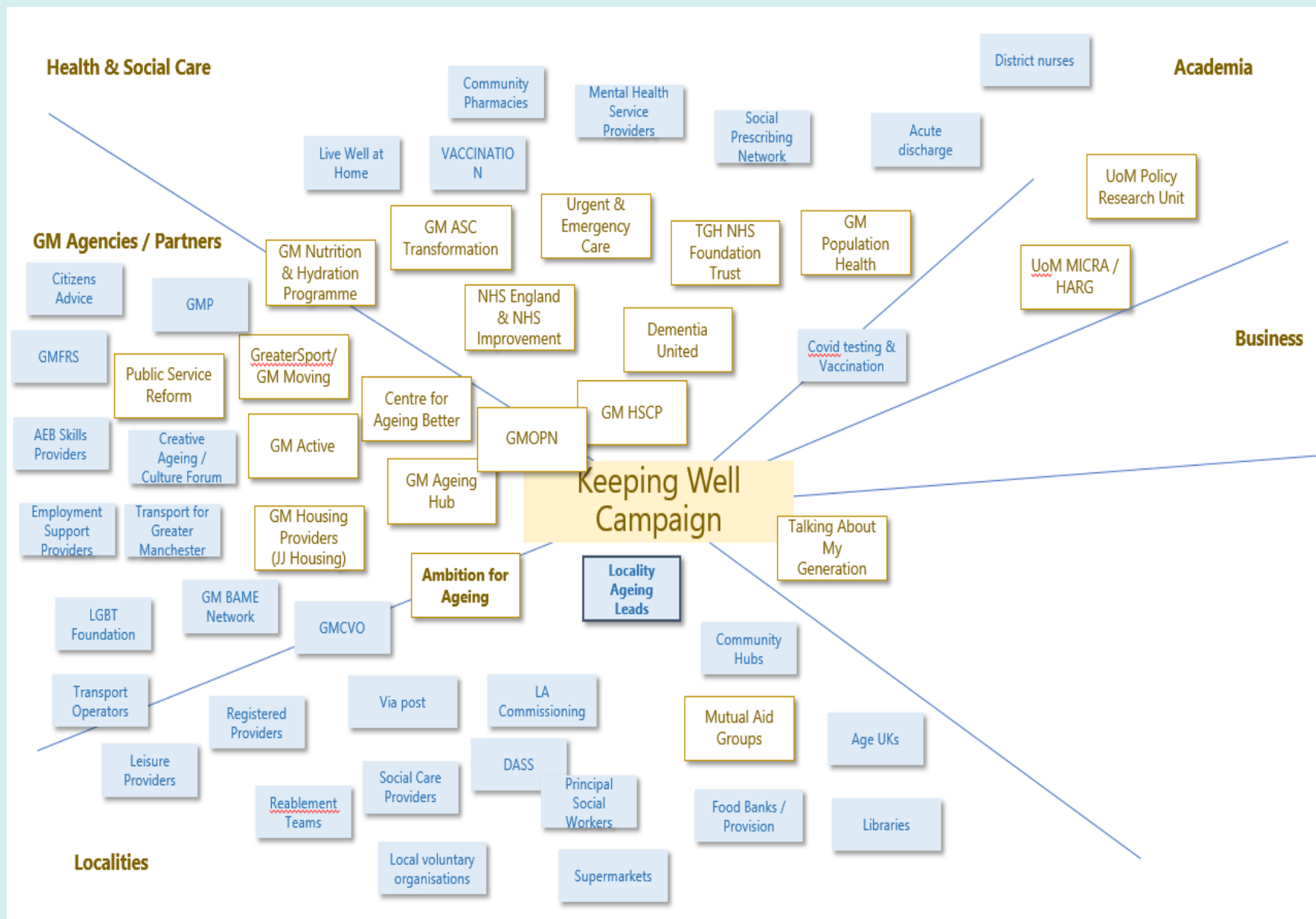


**Dr Annemarie Money**  
**Applied Research Collaboration GM,**  
**Healthy Ageing theme**

**Project Lead – Jane McDermott**  
**Healthy Ageing Research Group**  
**Policy Research Unit Older People**









*"Just because I'm older doesn't mean I can't be a volunteer. From home I can volunteer to call someone and have a chat. We probably can help each other just by talking and I might even make some new friends in the process."*

Gill



**The 'seated march'**  
Warms muscles and prepares for movement.

## Helpful numbers

### Here are some top tips:



**Enjoy your food** – why not try some new foods or go back to old favourites? Dig out some old and new recipes to try.



**Have plenty of variety in your diet** – to help you get all the nutrients you need and maintain a healthy weight.



**Keep an eye on yourself** – if you think you are eating less than usual or don't have much appetite keep track of your weight or check if your clothes, jewellery or belts are looser than usual.



Stay connected with others



*"Drinking a glass of water before meals and a balanced diet are vital ingredients in keeping our body and mind well while staying at home."*

Bhim & Yogesh

15



*"I've been advising friends and family not to get hooked on watching, listening to and reading too much news. It only encourages negative feelings."*

Don

## Keeping Well at Home



## Keeping Well at Home booklet

Contains information and advice on:

- Keeping in touch
- Moving more
- Eating and drinking
- Keeping busy
- Feeling joy
- What to do if you fall

## What to do if you fall

- Roll onto your side, and then push up onto your elbows.
- Use your arms to push yourself onto your hands and knees.
- Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.
- Slide or raise the foot of your stronger leg forwards so it's flat on the floor.
- Lean forwards and push up using your arms and front leg, slowly rising to a standing position.
- Turn around and sit down. Sit for a minute or two and catch your breath.

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## What did older people tell us?



**90% of respondents said the booklet would help older people stay healthy and active during lockdown.**



**74% of respondents said they had used the home exercises.**



**78% of respondents found the tips on keeping our mind well helpful.**



**51% of respondents did not have access to the internet; 49% did have access.**



**Only 6% of respondents said they preferred online versions.**



**Of those who access the internet, 83% still reported that they preferred to receive paper based information.**



**65% agreed that they would not have had access to this information if they hadn't received the booklet.**



**72% of respondents found the quotes from older people reassuring.**

*“I was very impressed with the booklet. The exercises were the same as I did in physio. Well Done Manchester, Thank you.”*

*“I am a crown green bowler so during lockdown the booklet helped me keep fit ready to resume my sport again.”*

*“I have started to use the exercise in May and feel much better now and recommended the booklet to friends to use and not throw away.”*

*“The booklet is very much appreciated I find the exercises potentially useful.”*

## Recommendations for policy and practice:



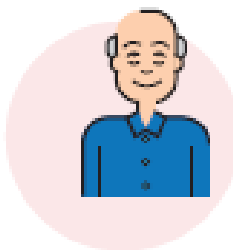
Ensuring public communications are inclusive is critical, digital by default excludes large numbers of our population.



Building future resilience by tailoring public communication to non-digital users is useful.



Proactively reaching those not connected to the internet needs to be considered for all public communications.



Including target group representatives as co-editors to advise on content and stylistic design is key to ensure content is relevant and useful.



Print-based communications are preferred over digital communications for some groups.



During national or local restrictions on physical movement, providing printed information to those self-isolating and shielding is important and of value.



# Keeping Well This Winter: talking tips

Talking about Keeping Well this Winter is more important than ever this year - especially with older people who are not online.

Here are some talking tips for frontline workers, volunteers, family or friends developed with older people's groups to help the conversation go well.



## Ask me...



How are you doing today?



What's on the menu tonight?



Are you warm enough at home?



How are your loved ones doing?



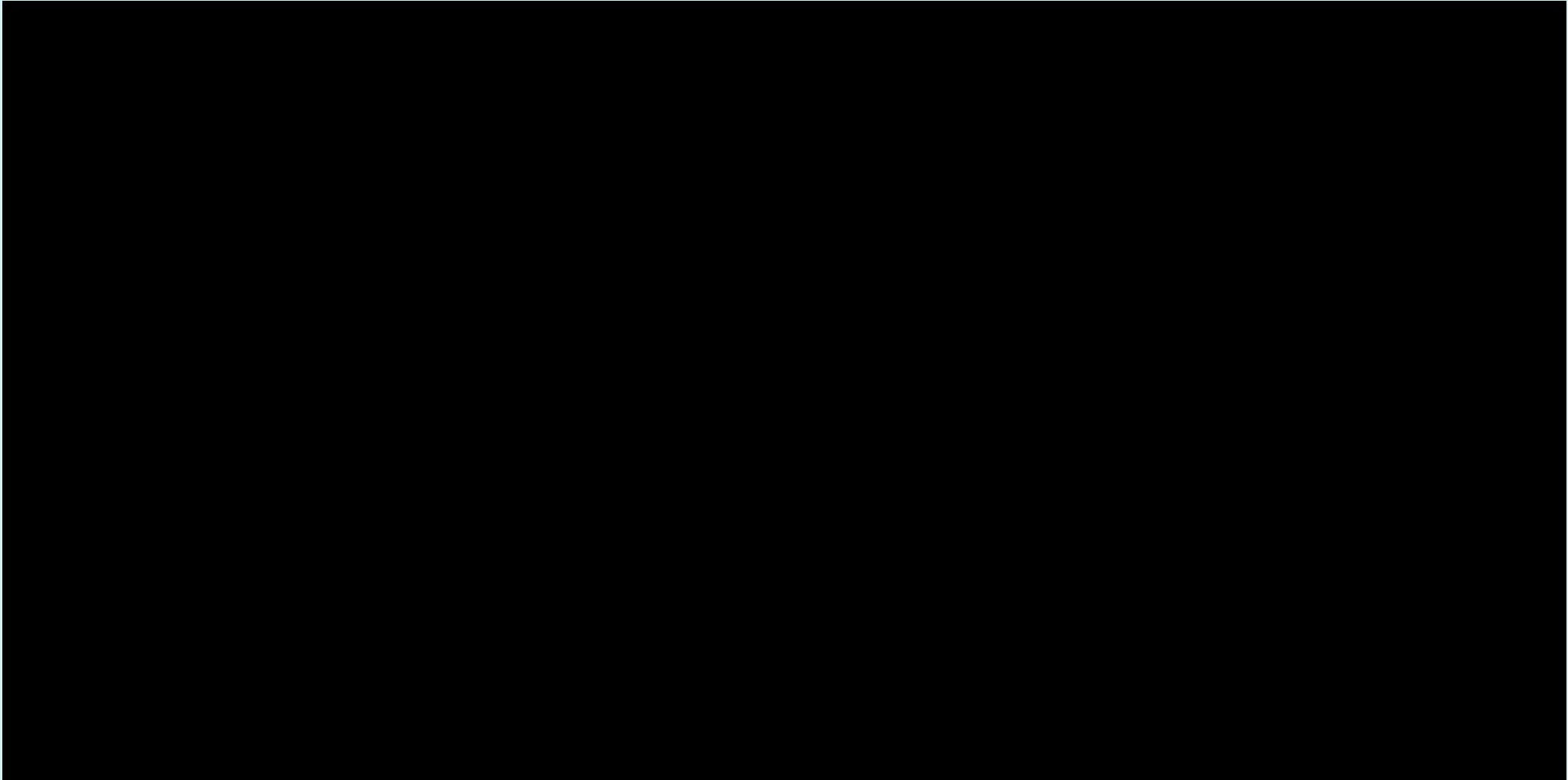
Have you had some fresh air today?



Are you keeping up with your health appointments?



[Keeping well at home and this winter – full resources link](#)

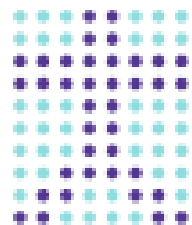


# Keeping Well at Home

Thank you for listening



The University of Manchester  
Institute for Collaborative  
Research on Ageing



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