



Healthy ageing

We are entering the World Health Organisation (WHO) Decade of Healthy Ageing (2020 – 2030). The Australian population is ageing – with the over 65 age group predicted to grow steadily in the coming decades. About one in seven Australians are aged over 65.

One aspect of healthy ageing includes maintaining functional ability – this means a person can still perform normal activities and tasks.

MYTH: Ageing means declining health and/or disability.

FACT: Some diseases become more common as we age. However, getting older does not automatically mean poor health or the use of a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.



Here are some tips on feeling youthful –

1. Learn to cope with change

There will be periods of both joy and stress in your life, and it is important to build resilience and find healthy ways to cope with challenges. This may involve being grateful for what you have and accepting things that are out of your control, acknowledging feelings and talking to close friends or family members regularly, or using humour to get through the tough times.

2. Find meaning and joy

As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. Consider picking up a long-neglected hobby or learning a new skill, get involved in the community or local sporting clubs, and get outdoors and travel whenever possible.

3. Stay connected

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse

or partner. Along with regular exercise, staying social can have a positive impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

4. Get active and boost vitality

Ageing involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with ageing can be overcome or reduced by exercising, eating right, and taking care of yourself.

5. Keep your mind sharp

Keeping your brain active and maintaining creativity will help to reduce cognitive decline and memory problems as you age. Try daily puzzles, new recipes, go to a different grocery shop, or try to learn something new - such as a new language or musical instrument.

IT'S TIME TO ASK R U OK?

September 10 is R U OK day which encourages everyone to connect with the people around them and start a conversation with anyone who may be struggling with life or work. During the COVID-19 pandemic, this topic is particularly important, as family, friends, and colleagues may be going through tough times. A conversation could change a life.

You don't need to be an expert to reach out - just a good friend and a great listener!

Use these four steps to have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in



For more information, resources and videos visit www.ruok.org.au

Lifeline provides all Australians access to 24 hour crisis support and suicide prevention services.

Call Lifeline on 13 11 14 if you need to talk or access their Online Crisis Support Service at www.lifeline.org.au (available nightly).

**THERE'S
MORE TO SAY
AFTER
R U OK?™**

Blueberry Muffins

It's spring in WA, which means berries are in season!

Serves six

Ingredients

- ▶ 1 1/2 cups self-raising flour (sifted)
- ▶ 1/2 cup brown sugar
- ▶ 3/4 cup fresh blueberries
- ▶ 1 egg lightly beaten
- ▶ 3/4 cup milk
- ▶ 90g butter melted

Method

- ▶ Mix flour, sugar and blueberries in a bowl. In a separate bowl, lightly whisk egg, milk and butter together.
- ▶ Pour the liquid ingredients into the flour and stir with a spoon until ingredients are just combined, do not over mix.
- ▶ Spray muffin pans with cooking spray and fill pans level to the top with the muffin mixture.
- ▶ Bake at 200C for 15 minutes, until muffins spring back when lightly touched.
- ▶ Allow to cool for 5 minutes on a wire rack. Enjoy!



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

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