



# AGEING WELL AT HOME

Advice to help you age well in your community



# Foreword

*"You are never too old to set another goal or dream a new dream"*  
C.S. Lewis

The aim of this booklet is to help you age well and avoid becoming frail through general health and wellbeing advice. COVID-19 has made it more difficult to engage in normal social and physical group activities. We have had to adapt our lifestyles and regular social connections. This booklet reflects the hope we all feel as normal routines return. Included is information about a range of activities, services and agencies available in your community to help you age well.

As healthcare workers, we want to support you to live well at home. By remaining active and engaged in your local community, you can delay the onset of frailty. This booklet encourages you to look after your health and wellbeing and to feel positive about the future. Now is the time to invest in your physical and mental health so you can reap the benefits in years to come.





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# COVID-19 signs and Community Call

## Know the Signs and Symptoms of Covid-19

**Coronavirus COVID-19**  
Know the signs

**High Temperature**

**Shortness of Breath**

**Breathing Difficulties**

**Cough**

For 8 out of 10 people, rest and over the counter medication can help you feel better.

If you have symptoms, self-isolate to protect others and phone your GP. Visit [hse.ie](https://www.hse.ie) for updated factual information and advice or call 1850 24 1850.

Wash

Cover

Avoid

Clean

Stop

Distance

Protection from coronavirus. It's in our hands.

**HE** **Rialtas na hÉireann**  
Government of Ireland

## Hospital

It's a good idea to put an In-Case of Emergency (ICE) contact number in your mobile phone. This allows medical services to contact the correct person if you become unwell.

Should you experience symptoms of COVID-19 and become unwell, you may need to go to hospital.

- Prepare by having a single hospital bag available.
- This should include a list of the medications you take, including dose and frequency & any information on your planned care appointments
- Include items for an overnight stay (pyjamas, toothbrush, phone charger). It is important you bring daytime clothes and shoes to hospital.

## Community Call

Your local Authority has set up a COVID-19 Community Call service in your area. The Community Call service has a phone line available 7 days a week. The phone line is for people at high risk if they contract Covid-19. You can ring the phone line to get help with deliveries of shopping, food, medicine and fuel.

**Cork City Council:** ☎ 1800 222 226 ✉ [covidsupport@corkcity.ie](mailto:covidsupport@corkcity.ie)

**Cork County Council:** ☎ 1800 805 819 ✉ [covidsupport@corkcoco.ie](mailto:covidsupport@corkcoco.ie)

### *More information and contact for other councils:*

[https://www.citizensinformation.ie/en/health/covid19/community\\_support\\_during\\_covid19.html](https://www.citizensinformation.ie/en/health/covid19/community_support_during_covid19.html)



# Having a Purpose

Waking up with plans for the day can make you feel healthier, happier and increase your life expectancy. Having a daily routine can give you purpose and provide a sense of achievement. Now is the perfect opportunity to pick up a new hobby, learn something new, or revisit an old interest. Challenging your mind or learning something new keeps our brain active, reducing the risk of developing dementia.

Setting daily or weekly goals can give a sense of fulfilment and satisfaction. Goals can be big or small e.g. going for a walk, cleaning out a cupboard, finishing a book or mowing the lawn.

Gardening is a fantastic activity. It provides both physical and mental health benefits for people of all ages. Even if you don't have a garden, growing window boxes or house plants can offer some of the same rewards. If you struggle to reach or bend, consider raised beds.

## THE PHYSICAL BENEFITS OF GARDENING



**WEIGHT LOSS**



**BLOOD CIRCULATION**



**FLEXIBILITY**



**REDUCED BONE LOSS**



**STRONGER IMMUNE SYSTEM**



**VITAMIN D**



**STRENGTH**



**IMPROVED COORDINATION**



*For more information on Health and Wellbeing strategies see the link below:*  
<https://tinyurl.com/j3x8ef4x>

# Minding your mental health

Stress and worry can make underlying conditions worse. There are things you can do to help you get through this:

- Limit your time on social media, and try to stick to reliable sources of information.
- Focus on what you can control: your daily walk, meal times, housekeeping.
- Stay connected; make time to chat with someone at least once a day.
- Pay attention to the present: focus on the people you are with & your surroundings, rather than thoughts about the future.
- If you feel anxious, use any of these grounding exercises to re-direct your thoughts: take 10 slow breaths, put on a piece of music & focus on the tune, visualise a daily task you enjoy.
- If you need advice, talk with people you respect and trust such as your family, friends or your healthcare team. Look for help if negative feelings interfere with your ability to enjoy life.
- If you need help to cope contact your GP or go to the HSE website below for further advice. You can also call AWARE on 1800 80 48 48 for support or a listening ear.

*For more information and advice go to:* <https://tinyurl.com/fzkueyza>



# Sleep and Fatigue

## Sleep

Good quality sleep can improve your concentration and mood, as well as improving your long-term health. It is important to try and establish positive habits so you can sleep better. You will feel better and reap the health benefits.



## *The Do's and Don'ts for a better night's sleep*



Do regular, day time exercise



Do get outside into the daylight



Do sleep in a cool, quiet and dark room



Do invest in comfortable bedding, pillow and mattress



Do have a consistent sleep routine



Don't use your phone, computer or TV screens before bed



Don't drink too much fluid before bedtime



Don't smoke, drink alcohol or caffeine in the evening time



Don't go to bed feeling overly full or hungry



Don't take someone else's sleeping tablets

## Managing fatigue

It is normal that as you age, you may notice lower energy levels.

Many of us experience tiredness but often a good night's sleep can remedy this. If you feel tired for weeks at a time you may be experiencing fatigue, and should talk to your GP about the possible reasons for this. Recognising you are finding it hard to manage everyday tasks can be a good first step.

Listed below are tips for helping manage fatigue.



### Five P's of Energy conservation:

- 1. Planning:** Plan ahead for the day and week, try not to do everything in the one go, spread tasks out.
- 2. Pacing:** Break tasks down into smaller pieces, take regular rests in between, avoid rushing.
- 3. Prioritize** Start with tasks that are most important to you, eliminate unnecessary jobs and ask for help.
- 4. Positioning:** Maintain good posture & save energy e.g. by sitting instead of standing in the shower.
- 5. Positive attitude:** Be kind to yourself, don't berate yourself if you can't do something, your energy levels can fluctuate day to day

*For more information on 'Fatigue Management' visit the website below:*

<https://tinyurl.com/2js5xdvw>

# Memory Strategies

We can all experience forgetfulness from time to time. There can many reasons for this.

Stress or inattention can affect how well you retain information. The good news is there are things that can help.



<b>Write down important events and information</b>	<ul style="list-style-type: none"><li>● Mark appointments or events on a calendar</li><li>● Create lists and place notes in prominent places where you will see them</li></ul>
<b>Set reminders</b>	<ul style="list-style-type: none"><li>● Set the timer on the cooker/oven</li><li>● Set a daily alarm on your phone to remind you to take medication</li></ul>
<b>Simplify life</b>	<ul style="list-style-type: none"><li>● Reduce clutter, it can make it easier to think and find things</li><li>● Have a place for everyday things: e.g keys, TV remote</li></ul>
<b>Exercise your brain</b>	<ul style="list-style-type: none"><li>● Challenge your brain with word and number games like crosswords and sudoku</li><li>● Pick up a new skill like painting or singing via online classes</li><li>● Learn a new language</li></ul>

*For more information on 'Tips to Help your Memory' visit the website below:*  
<https://tinyurl.com/unmmxckm>

# Smoking and Alcohol

## Smoking

The health benefits of quitting smoking start right away. Not only will you reduce your risk of heart disease, cancer and stroke significantly, you will also enjoy a longer life with healthier lungs and improved sense of taste and smell. You will also be protecting your family from second-hand smoke.



Talk to your GP or pharmacist about aids to help you quit smoking.

*Call the Quit Line on:* 1800 201 203 or visit [Quit.ie](http://Quit.ie)

## Alcohol

Isolation can cause some people to rely on alcohol as a support. Alcohol has a greater impact on older adults due to how your body ages. Excessive drinking can cause low mood, poor sleep, injury and ill-health. Reducing your alcohol intake has many advantages including increased energy and less weight gain. See advice on alcohol limits below. Have at least 2-3 alcohol free days every week. Avoid binge-drinking.



Depending on your medical history or medication, you may be advised not to drink at all. Talk to your GP if you or your family are worried about the amount you are drinking.

*Learn more about reducing alcohol harm & upcoming lectures at:* [alcoholireland.ie](http://alcoholireland.ie)

*For Drug and Alcohol Supports call the helpline on:* 1800 459 459 or visit [askaboutalcohol.ie](http://askaboutalcohol.ie)



1/2 pint of beer



100mls of wine  
(7.5 glasses  
per bottle)



1 pub measure  
of spirits



The recommended  
amount is up to  
**11 standard drinks**  
a week for women



The recommended  
amount is up to  
**17 standard drinks**  
a week for men

### A standard drink is:

# Managing Your Long-Term Health Conditions

A long-term health condition is one which can be treated and managed but usually not cured (eg. asthma, COPD, diabetes). You have an important role to play in your own healthcare. Self-management is what a person with a long-term health condition does every day. It is an ongoing part of managing your health. This may include:

- recognising and dealing with symptoms (known as monitoring your condition)
- promptly contacting your healthcare team if your symptoms change
- taking medication(s)
- managing other treatments
- attending various appointments
- making lifestyle changes
- coping with the emotional effects of the condition

*HSE Resources for self-managing your long term condition can be found at:*  
<https://tinyurl.com/4u6ryat6>

## Living Well Programme

Cork Kerry Community Healthcare (CKCH) provide a free self-management programme for adults with long term health conditions. This online programme involves:

- One workshop every week for six weeks. Each workshop lasts 2.5 hours. You will need internet access and a computer, laptop or smart-phone.
- An introductory session before the 6 week programme starts supports people to get online. Throughout the programme, support is provided to help you stay online.
- Workshops are delivered in a relaxed and friendly way so you can learn from each other. There are a maximum of 12 people in each programme.
- Two trained facilitators run the workshops each week. At least one of the facilitators lives with a long-term health condition.

*For more information on Living Well and the upcoming programmes in CKCH go to:* [www.hse.ie/livingwell](http://www.hse.ie/livingwell)

### 3. National help lines can also provide support and advice

Asthma Advice Line:	1800 44 54 64
COPD Advice Line:	1800 83 21 46
Diabetes Ireland Helpline:	01 842 8118
Irish Heart Foundation Heart and Stroke Helpline:	01 668 5001

### 4. Taking your medication

- Keep taking your regular medications.
- Report side-effects to your GP or pharmacist promptly.
- Create a medication reminder system - blister pack via your pharmacy, pill-box or smart-phone app
- Inform your doctor about any supplements or over the counter drugs you may also take.
- You can order your prescription medication over the phone so that it is ready for collection. If you need help collecting your medication, you can ask someone you trust or phone your Community Call helpline (Cork City: 1800 222 226  
Cork County: 1800 805 819)
- Many pharmacies now offer a medication delivery service.



# Physical Activity Quiz



Complete this quiz and compare your results below.

## How Active Are You?

- 1. How often are you active at home – gardening, vacuuming or cleaning windows?**
  - a) Never
  - b) Some days
  - c) Most days
- 2. How active is your day?**
  - a) Little activity – sitting or driving most of the day
  - b) Light activity – some walking involved
  - c) Very active – a lot of walking, lifting or other manual activity
- 3. How often are you active during leisure time – walking, cycling, golfing, dancing, tennis, swimming or other activities?**
  - a) Never
  - b) Some days
  - c) Most days
- 4. When you exercise, how do you feel?**
  - a) Not very different to when I'm not exercising
  - b) Warm, my heart rate is faster and I'm slightly out of breath but I can still have a conversation
  - c) I'm sweating, my heart rate is very fast, I'm breathing heavily and concentrating hard

### Mostly A's

You're not as active as you need to be to get benefit.

### Mostly B's

You've made a really good start and are enjoying some of the benefits.

### Mostly C's

Well done. Keep up the level of activity in your daily routine.

# Physical Activity Tips

*"Ageing is not lost youth but a new stage of opportunity and strength"*  
Betty Friedan

People who think and feel like they are older tend to walk more slowly and have increased memory issues than those who think they are younger.

## Research shows Physical Activity can help with:

Getting a good night's sleep

Keeping our spirits up

Staying at a healthy weight

Keeping our bowels healthy

Keeping our muscles and bones strong

Preventing health conditions getting worse

Having a good appetite

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes a week

AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days a week



Break it up over the whole week however you want!

## Tips to increase physical activity

1. Walk instead of driving – walk to the local shops to pick up your newspaper.
2. Take the stairs – try to increase the amount of times you go up and down stairs every day.
3. Use a basket instead of a shopping cart – like a weight lifting session.
4. Set an alarm – try to limit the amount of time you are sitting. Sit less and move more.
5. Pace yourself – carry out activities little and often rather than all at once.

## Healthy Body Weight

Maintaining a normal body weight through healthy eating and keeping active can prevent:

- Hypertension
- High cholesterol
- Stroke
- Heart disease
- Diabetes

**Sarcopenia or muscle loss** is common in adults of older age but can occur in earlier life. From the age of 30, we start to lose muscle mass at a low percentage. This can increase if we become more sedentary or our diet changes.

Muscle loss can be reversed with exercise and adequate nutrition. To benefit from strength exercises, you should do them to the point where you need a short rest before repeating the activity.

### *Examples of muscle-strengthening activities:*

- Lifting weights or working with resistance bands. You can use household items like canned tins in each hand for your weights.
- Doing exercises that use your own body weight, such as wall push-ups and calf raises. See the exercise programme section to start your activity plan.
- Heavy gardening, such as digging and shoveling.



# Osteoporosis and Continence

**Osteoporosis** is a health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break (fracture).

## *Risk factors include*

- low calcium intake
- smoking
- excess alcohol or caffeine
- stress
- little weight bearing exercise

## *When to see a doctor*

Talk to your doctor about osteoporosis if you have:

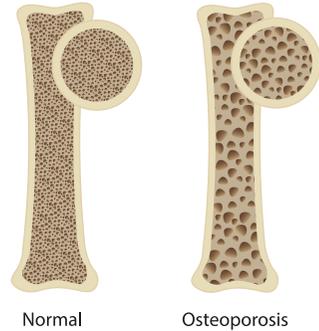
- broken a bone
- experienced early menopause
- taken steroids for several months at a time
- family history of hip fractures

Osteoporosis can be treated with bone strengthening medication and exercises.

**Continence** is our ability to control when we go to the bathroom. This can change as we age and may result from muscle weakness, nerve damage or organ issues. "Incontinence" is the word used to describe loss of this control. This can be very upsetting and embarrassing.

Your pelvic floor is a large group of muscles that help control your bladder & bowel function. You can keep your pelvic floor strong and healthy through regular exercise. To learn how to exercise your pelvic floor, please see the pelvic floor exercises section. Medication and pelvic floor exercises can help manage or resolve the issue of incontinence. Your GP can refer you to a physiotherapist who specialises in continence. Your Public Health Nurse is another great resource for continence care.

*Helpful support links and more information about treatment options can be found on the Continence Foundation of Ireland webpage: [www.continence.ie](http://www.continence.ie)*



# Exercise Programme

Any movement is good, even little and often everyday helps increase our energy. Below are some easy strength and balance exercises to get you started:

## Sit to stand

- Sit tall near the front of the chair
- Place feet slightly behind knees
- Lean forwards bringing your head over your knees
- Stand up (using hands if needed)
- Step back until legs touch the chair
- Bend in the middle and slowly sit down

*Repeat 10 times as able.*



## Calf raises

- Stand tall, hold onto a sturdy chair and look ahead
- Feet hip width apart
- Raise heels slowly to a count of three
- Lower heels to the ground slowly to a count of three

*Repeat 10 times as able.*



## Hip Strengthening

- Stand tall, hold onto a sturdy chair
- Keeping the right leg straight and the foot facing straight forwards
- Lift the right leg out to the side to a count of three
- Return your leg to the starting position to a count of three

*Repeat 10 times as able on both legs.*



## Balance on one leg

- Hold onto a sturdy chair with both hands and look ahead
- Stand on one leg and hold for 10 seconds
- Repeat on the left leg for 10 seconds

*Try reducing hand support as able.*



## Wall press ups

- Stand at arm's length from wall
- Place hands on the wall at chest height, fingers upwards
- Keep back straight
- Bend elbows lowering body with control towards the wall
- Count to three
- Straighten arms to a count of three

*Repeat 8 times.*



## Important general guidelines

- Talk to a health professional before starting a physical activity programme to identify your limits.
- Some minor soreness or stiffness is to be expected at first, but pain is a warning sign to stop.
- If you have been inactive for years, start with about 5 to 10 minutes of activity at a time, and increase gradually as you get more comfortable.

*You can find video clips explaining the above exercises included here:*

Daily Practice Video: Physiotherapy Strength & Balance Exercises - YouTube

*Disclaimer: It is your responsibility to undertake these exercises safely. Stop performing these exercises if you experience pain or feel unwell. The authors and advisors, who have created this booklet, accept no liability for injury caused as a result of participating in these exercise.*

## Pelvic floor strengthening exercises

### Exercise 1

Tighten the muscles around the back passage.

Count how many seconds you can hold the contraction for.

Find out how many you can do before the muscle tires.

This is your starting point.

- Rest for approx. 4 seconds between each exercise.
- Work towards performing 10 times, holding each for a count of 10 seconds, up to 3 times per day. This strength can take weeks to develop.
- To progress from here, complete these exercises in sitting and then progress to standing.

### Exercise 2

Practice tightening the muscles around the back passage for one second and relaxing for one second.

Do this as rapidly as you can.

Find out how many you can do before the muscle tires and gradually increase.

Work towards doing 10 of these fast exercises and practice three times a day.



### Avoid:

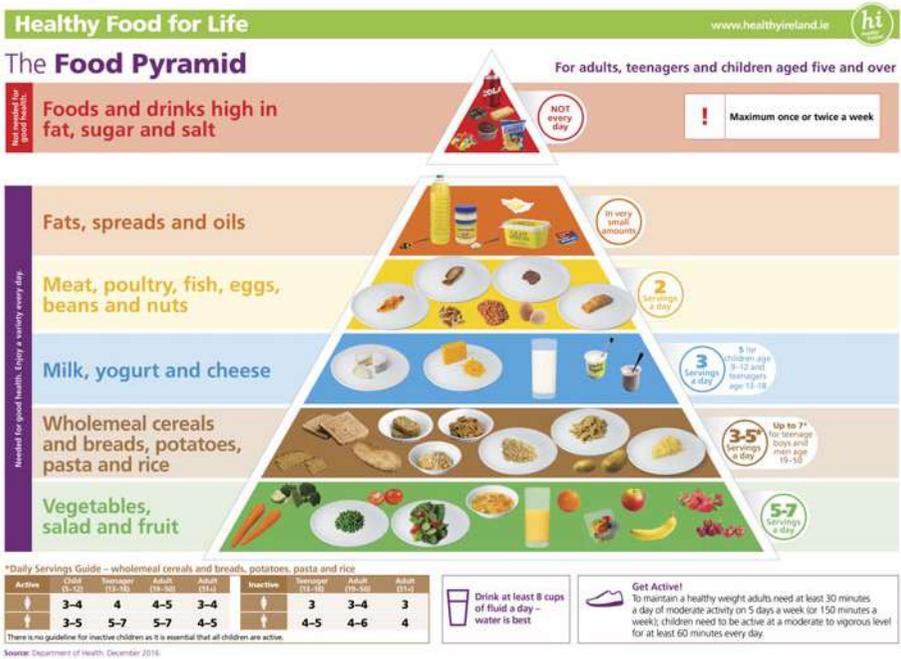
- Squeezing legs together
- Tightening buttocks
- Holding breath

## ***BE PATIENT AND STICK WITH IT!***

It takes time to strengthen the pelvic floor muscles. It can take weeks and often months to notice an improvement. Do remember these exercises are for life. Reduce to once a day for maintenance when you build your muscles to a level of strength you are happy with.

# Nutrition and Hydration

It is important to eat well at all stages of life; follow the guidance of The Food Pyramid. It is important to have a variety of the foods on each shelf to be a healthy weight and have enough vitamins and minerals.



As we get older our muscles naturally weaken, as do our bones.

To reduce your risk of a fall and help you age well, there are some nutrients that need extra attention!

## Looking after your bones

- Calcium: 3-5 portions per day
- Vitamin D
  - Oily fish- Salmon, trout, mackerel, sardines, eggs, liver
  - Fortified foods- 'Supermilk'



What does 1 portion of dairy look like?

## Serving guide

				
<p><b>Cereals, cooked rice and pasta, and vegetables, salad and fruit</b> Use a 200ml disposable plastic cup to guide serving size.</p>	<p><b>Cheese</b> Use two thumbs, width and depth to guide serving size.</p>	<p><b>Meat, poultry, fish</b> The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.</p>	<p><b>Reduced-fat spread</b> Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.</p>	<p><b>Oils</b> Use one teaspoon of oil per person when cooking or in salads.</p>

## Protein

- Important for muscle strength and function
- Also important for bone health
- Protein rich foods;
- Meat, chicken, fish, beans, lentils and nuts
- Have oily fish twice a week for heart health
- Dairy products also high in protein
- Aim to have at least one protein source at every meal



*Protein portion sizes - Animal proteins*



*Protein portion sizes - Plant proteins*

## How to increase protein at meals?

### Add Protein to Breakfast

- Making porridge with **milk** or protein Weetabix
- Having a boiled **egg** with your breakfast cereal
- Having a **yogurt** and seed with some fruit
- Having **beans** with **scrambled egg** on toast



If you feel like you cannot take enough calcium in your diet it can be helpful to take a supplement. **Speak with your doctor or dietitian about this to see which supplement would best suit your needs.**

## Add Protein to Light Meals

- Smoked Salmon with soft cheese on brown bread
- Brown bread sandwich with lean chicken breast, tomatoes, lettuce and a glass of milk
- Crackers with hard cheese, with a fruit salad covered in yogurt
- Fish cake with salad and beans
- Chicken and vegetable soup or Mexican bean soup or seafood chowder
- Having a glass of milk with your meal



## Hydration

- Dehydration can cause confusion and dizziness. This reduces balance and increases the risk of a fall.
- Dry mouth, thirst, passing less urine than normal are also signs you may be dehydrated.
- It is important to have 6-8 cups of fluid per day (approx. 200ml each), however if you take diuretics or water tablets please check with your GP first.
- Tea/coffee/milk all count towards our daily fluid intake



If you would like support with your diet and eating well contact your GP to refer you to your local Dietitian. This is a free service available to all.

Call your Community Call helpline on page 5 if you need help with collecting your shopping or meals.

*You can find useful information about healthy eating and exercise online:*  
<https://tinyurl.com/xs87u4fa>

# Social Connections

Research has shown a strong positive link between social engagement and physical and mental wellbeing. COVID-19 has reduced our social interactions. We now have to be more creative in how we stay connected with one another.

- Make phone call or video call 
- Write a handwritten letter or send an email 
- Participate in a shared online activity like a quiz 
- Send a care package 

Below, we will outline some suggestions on national and local support services available to improve social connections.

## Going virtual

In the time of COVID-19 and physical distancing, a lot of services and appointments have gone on-line. Support services such as ALONE and Age Action have distributed devices to enable social connections during the pandemic. Technology does not suit everybody. Many services are focusing on phone contact or post-based service in an attempt to provide older people with the services they need to maintain social interaction during physical distancing.



## Examples of National and Local Support Services

### ALONE

Operates a nationwide befriending and support service, volunteers regularly call either in person or over the phone. ALONE also offers advice on issues that affect older persons: navigating health services, support with housing issues and help to resolve financial difficulties. Call 0818 222 024



### Cork City Age Friendly Programme

Promotes older people living in their homes and communities, leading healthy active lives and promotes older people as valued contributors and citizens. 'The Age Friendly Guide, A Directory of Supports and Services for Older People in Cork City and County' can be found online. It has information about specific services in your area. <https://tinyurl.com/5ydv593y>



### Friendly Call Cork

Offers a free phone call 5 days a week for anyone who would like a daily chat. It provides friendship and security, helping people feel safer at home. (087 6366407 or 021 4301700)



### Health and Wellbeing Community Referral

This service builds positive physical, mental and social health. Activities include: men's groups, physical activity, community gardening, personal development, reading for health, social clubs, volunteering, and support groups. There are many resources available on the website from managing stress to weight loss programmes. <https://thewellbeingnetwork.ie/#>



## Age Action

Supports older adults stay connected and feel supported. It runs a number of services: computer literacy skills, collecting prescriptions, to urgent home repairs and DIY. Call Age Action Cork 021 206 7399

# Age Action

For all older people

## Ageing Well Programme Cork

This is an eight-week health promotion course for older adults and looks at strategies to address some of the effects of ageing. This course is run at different times across the year in community venues across Cork. It is free. It is facilitated by occupational therapists working in your community. Contact 021-4923194, for more information.



**Ageing Well Programme**

Health and people who are affected by dementia

The Ageing Well programme is a health promotion programme for older adults and looks at how best to address some of the effects of ageing. Facilitated by HSE Occupational Therapists working in your local community.

**What the course can help you with:**

- Meet new activities and make changes as we age
- Links between activity, our physical and mental well-being
- Sleep • Memory • Concentration/Consciousness
- Falls Education • Social Dating (included in the 8 weeks)

**Course Details:**

- 8 Week Programme • 2 hours per week • FREE
- Adults Over 65 • Run in local Community Venues

For more information contact your local Primary Care Organisation  
Therapy Department on 021 4923194  
www.hse.ie/ageingwell

CC BY-NC-SA  
FREE FOR OVER 60's

## Meals on Wheels

Provides a 6 day service of hot nutritious meals to people, who are not in a position to cook meals for themselves. The service can be accessed through your Public Health Nurse. On average meals cost €5. You can also volunteer as a delivery driver for the Meals on Wheels service.



# Support Services Directory

## Wellbeing Resources

Health Ireland <https://www.gov.ie/en/campaigns/healthy-ireland/>

Community Occupational Therapy Cork/Kerry health and wellbeing tips  
<https://tinyurl.com/j3x8ef4x>

## Health Management

Cork and Kerry Community Healthcare has developed a directory of services and programmes for adults with asthma, COPD, diabetes, heart conditions and stroke.

It can be found online: <https://tinyurl.com/vhf8b9a>

**Drug and Alcohol Advice Line:** ☎ 1800 459 459  
📄 [www.AskAboutAlcohol.ie](http://www.AskAboutAlcohol.ie)

**Smoking Quit Line:** ☎ 1800 201 203  
📄 [www.Quit.ie](http://www.Quit.ie)

**Asthma Advice Line:** ☎ 1800 44 54 64

**COPD Advice Line:** ☎ 1800 83 21 46

**Diabetes Ireland Helpline:** ☎ 01 842 8118

**Irish Heart & Stroke Helpline:** ☎ 01 668 5001

**Aware:** ☎ 1800 80 4848

Tips and strategies for adults including fatigue management, tips to help your memory and mindfulness: *Occupational Therapy for Adults - Tips and Strategies - HSE.ie*

## Resources for Keeping Active

### *Get Active your Way:*

This booklet will give you more information on the benefits of being active and some easy exercises to get you started. See more information on the HSE website for advice and tips on increasing your physical activity: <https://www2.hse.ie/wellbeing/fitness-for-your-lifestyle.html>

### *Go for Life:*

Fit Line is a Freephone line staffed by trained volunteers, a good start for those who need support and encouragement to be more active. Call **1800 303 545** (Freephone) <https://ageandopportunity.ie/active/fitline/>

### *Local Sports Partnership:*

See what activities are happening in your local community <https://www.corksports.ie/> and specific activities for those aged 50+ on <https://www.corksports.ie/index.cfm/page/olderadults-activities>

### *Staying fit for the future:*

Better Balance Better Bones, 8-12 week exercise programme, one hour class, €40 for the course, now being completed on zoom <https://www.corksports.ie/index.cfm/page/SFFFvenues-and-times>

### *HSE Easy exercises:*

A Chair Based Programme for Older Adults <https://tinyurl.com/2c28h9e7>

### *Walk Your Way workshop:*

A FREE 4 week online walking workshop developed by the Irish Heart Foundation. Registration is essential; **email [Marta.Kolasa@hse.ie](mailto:Marta.Kolasa@hse.ie)** to sign up.

### *Move More Walking Challenge:*

Free six week walking plan <https://tinyurl.com/32n6mt92>

### *Later Life Training - 'Movement Snacks':*

As part of Make Movement Your Mission, from getting out of a chair to strengthening exercises.

[https://www.youtube.com/channel/UCqen30veJkDw\\_izbDFMyb6w/videos](https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w/videos)

### *Age and Opportunity - Movement Minutes:*

<https://www.youtube.com/playlist?list=PLfCQ6OkV7hAiHQ2RIm1iM1TBxNYeUXfqA>

### *Let's get moving Again Booklet:*

8 exercises and a walking plan. <https://www.iscp.ie/news/lets-get-moving-again-booklet-launch>

## Local Social and Community Resources

### Cork City Council

☎ 1800 222 226

✉ covidsupport@corkcity.ie

### Cork County Council

☎ 1800 805 819

✉ covidsupport@corkcoco.ie

### ALONE

☎ 0818 222 024

### Cork City Age Friendly Programme

☎ 021 4924076

### Friendly Call

☎ 087 6366407 or 021 4301700

### Ageing Well Programme Cork

☎ 021-4923194

### Health and Wellbeing Community Referral

☎ 021 431 9085

✉ thewellbeingnetwork.ie/#

## Healthy Eating Resources

Healthy Eating

<https://www2.hse.ie/wellbeing/healthy-eating-for-families.html>



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