

5 WAYS TO SUPPORT YOUR **ELDERS**



1

Encourage regular physical activities

- ✓ Household tasks like watering plants, organizing shelves, filling water bottles, etc.
- ✓ Recreational activities like walking, yoga, and dancing



Keep a check on health

- ✓ Provide access to regular professional help: doctor, psychologist, and physiotherapist
- ✓ Ensure the house is elder-friendly with emergency alarms, walking sticks, access to open areas, stair railings, grab bars in bathrooms, and anti-slip floors



3

Help them stay mentally active

- ✓ Play mentally stimulating games: word games, card games, puzzles, chess, bingo, etc.
- ✓ Help them read books, newspapers, and magazines



4

Involve them in family and community events

- ✓ Arrange meals with family and friends
- ✓ Accompany them or provide transportation to events



5

Make them feel valued



Ask for help with tasks they can handle like folding laundry, cutting vegetables, and clearing up



Ask for suggestions: life advice, cooking tips, etc.



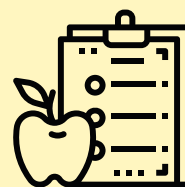
Wellbeing on the Web (WoW) offers elder care webinars, consultations with doctors, dietitians, counsellors, and more.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



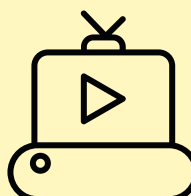
Finance advisor



Newsletters



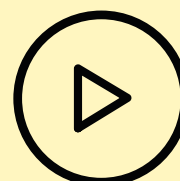
Self-assessments



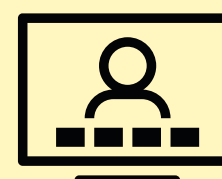
Live classes



Articles



Videos



Webinars