



About positive aging

Positive ageing is about taking care of yourself as you get older. People who are healthy and physically active throughout their lives, especially as they age, are less likely to need health and aged care services in later life. Research shows that you can make a big difference to the way that you age by taking care of four key areas of your life.

Each of these four areas will be explored with some suggestions for how you can integrate them into your daily routines.

Staying in Touch with Others

TOMNET believes that keeping older men engaged with other older men for support and mateship is key to a happier and healthier life. Your mental health is just as important as your physical health and having friends and someone to talk to is part of good mental health. Men who spend a lot of time alone and feel depressed because of this are more likely to have illness and poor health than men who have regular contact with others.

Having someone to talk to also keeps you mentally active and emotionally engaged with the wider community. It helps protect you from problems like depression, anxiety and loneliness.

Groups are a great way to participate in activities and get out into the world again. TOMNET encourages men to form their own interest groups and find others who would enjoy the same activity. These groups welcome new people and will offer an opportunity to meet other older men in a friendly and safe space.

If you are finding yourself alone and feeling lonely, the TOMNET Professional Support Team can put you in touch with other men who are also looking for mateship and conversation.

Staying Active

No matter how old you feel, exercise will make you healthier and happier. Regular physical activity is not only good for your body and mind but it builds muscle and helps to manage your weight, blood pressure, cholesterol, diabetes, pain, bone and joint

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problems such as arthritis and osteoporosis. It can also reduce the risk of heart disease, stroke, some cancers and helps to prevent falls and injury.

Common lifestyle factors such as smoking, obesity, excessive drinking and not getting enough exercise all contribute to the chronic disease and early deaths of many older people.

To get your 30 minutes of activity a day, take a walk to the park, join a senior's fitness class, park the car further away from the shop or clean the house. You can get your 30 minutes in 10 minute bursts and still benefit from a healthier brain and body.

Eating Properly

Older men can tend to let the cooking fall away if they are living alone. Perhaps you have had a partner or family member cook your meals and now that they are gone, it all seems like too much effort. Eating properly is key to staying well and avoiding illness.

As you age your ability to absorb some nutrients becomes less efficient. Medications, smoking and alcohol consumption can also affect the absorption of nutrients. Eat a variety of nutritious foods in order to make sure you get all the minerals and fibre you need. Eating a range of foods like vegetables, fruits, breads and cereals, legumes, lean meat, fish, poultry or meat alternatives, dairy and water every day is essential to good health.

Avoiding Falls

As you age you may notice that your eyesight, hearing and sense of balance are changing. Falls are the leading cause of injury related hospital admissions for people aged over 65. Falls can cause serious injury including fractures to the hip and wrist, head injuries and dislocations. The good news is that most falls can be prevented.

Exercise that improves strength and balance is important but as many falls happen at home, your risk of suffering a serious fall can be greatly reduced by having your home assessed for safety and fitting minor modifications.

**You will have good
and bad days but
speaking to other men
or a member of the
TOMNET Professional
Support Team is one step
towards being heard
and supported.**

The TOMNET Centre

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Open:

Monday - Thursday 9:00am - 4:00pm
Friday 9:00am - 3:00pm

FOR IMMEDIATE HELP, call:

Lifeline 13 11 14

Talk to us. We understand.

Supported by:



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