

# Living Well at Home



## Improving personal wellbeing

Living well during COVID-19

Supported by



**Australian Government**  
**Department of Health**



Working out the main points of your personal wellbeing helps you to stay in control of your life.

Doing a quick tick box exercise like the wellness checklist on the back of this brochure can help you.

Chat to your GP. It is possible to increase your wellbeing in certain areas.

Government subsidised in-home support is also available (if and when you need it).

## 1 Discover your wellness options

Review your well-being checklist (on back page) and match it to some tips to build your **Body**, **Mind** and **Social** well-being.

It's important to know what's out there for yourself and others.

## 2 Decide to grow your well-being

What do you need to stay well, feel safe and happy at home?

## 3 Take action

What's working well?

What's holding you back?

Experts with the right information can help you understand your options and take action.

## 4 Get local support and information to grow your wellness

Call the help-lines that interest you. Most people are local and all are happy to support you.

Look up the websites — don't worry if you can't, others will look things up for you .

## Wellness is a journey ...

Most people want to age in their own home, feel safe and well, and stay in control of their own life.

Wellness is a very personal journey. While many of us want similar things, everyone is different. We all value different things, have different goals and challenges, and we move at our own pace.

Our every-day choices and daily decisions affect our health and well-being. Being healthy and feeling well is so much more than getting good test results from the doctor.

Even with health issues and limitations, you can feel well and happy. Wellness or well-being can begin with a CHOICE.

**Knowing what makes you feel good is important. Knowing what stops you from feeling good is vital.**

We can think of our wellness or well-being in three parts:

- **Body:** strengths, limitations
- **Mind:** mental, emotional, intellectual
- **Social:** family, friends, community, spiritual, outings.



# Feel happy and healthy with these great tips

## BODY

- Eat well and exercise
  - Eating Well at Home
  - Staying Strong at HomeCall COTA for a copy of these helpsheets
- Other resources:  
[www.cotatas.org.au/programs/strength-for-life/other-health-and-fitness-resources](http://www.cotatas.org.au/programs/strength-for-life/other-health-and-fitness-resources)
- Talk to your GP regularly.  
Share your wellness checklist.
- Medications — review with your GP or pharmacist regularly.
- Get inspired with Tasmania's Walkability "project"
- Stay COVID safe
  - Assess your risk
  - Keep your distance
  - Hand hygiene
  - Cover your cough

## MIND

- Learn something new, or take up an old hobby.
- Connect with local activities
  - Contact your local council community development officer. Ask what's available.
  - Call COTA on **(03) 6231 3265**
  - Check out COTA's list of local community activities:  
[www.cotatas.org.au/information/activities](http://www.cotatas.org.au/information/activities)
- Talk to someone if you feel down, stressed, sad, anxious angry or nervous.
  - A Tasmanian Lifeline:  
**1800 984 434**
  - Beyond Blue: **1300 224 636**
- Smiling Mind — Easy listening exercises for a healthy mind  
(Free Phone App)



## SOCIAL CONNECTION

- Call a friend
- Have you tried video calling loved ones? Its easy if you know how.
  - Call COTA if you need help with this **(03) 6231 3265**.
  - [www.cotatas.org.au/information/getting-help/it-help-sessions/](http://www.cotatas.org.au/information/getting-help/it-help-sessions/)
- Local community events:  
[www.cotatas.org.au/information/activities](http://www.cotatas.org.au/information/activities)
- Any old hobbies you'd like to take up again? Maybe a new activity? Meet new people?
- Find out about programs where people phone regularly and stay in touch. You can call:
  - Chats
    - » North: **(03) 6334 4430**
    - » North West: **(03) 6424 6547**
    - » South: **(03) 6282 1555**
  - Red Cross Telecross: **1300 885 698**
- Need transport to connect with people and services? Call Community Transport Services Tasmania (CTST): **1800 781 033**

## General contacts

As we age, we sometimes need more support. For information and support contact:

- Aged Care System Navigator (COTA Tas)
  - South: **(03) 6231 3265**
  - North: **0439 417 634**
  - North West: **0477 221 557**
- Advocacy Tas: **1800 005 131**
- Carer Gateway: **1800 422 737**
- Coronavirus Health Information Line: **1800 020 080**
- COTA Tas: **(03) 6231 3265**  
[www.cotatas.org.au](http://www.cotatas.org.au)
- Dementia Australia – Tasmania: **(03) 6279 1100**
- Elder Abuse Helpline: **1800 353 374**
- Housing Connect: **1800 800 588**
- Legal Aid – Senior Assist: **1300 366 611**
- Migrant Resource Centre TAS: **(03) 6221 0999**
- My Aged Care: **1800 200 422**
- Older Persons COVID-19 Support Line: **1800 171 866**
- RESPECT safe at home helpline: **1800 633 937**
- Working it Out: **(03) 6231 1200**  
(sexuality and gender support)

# Your wellness checklist

Think about each statement. Do some stand out?  
Tick the ones that apply to you.

## BODY

- I **eat well**
- I **sleep well**
- I **exercise** regularly
- I **can do lots of things with my body**
- I know **what stops me from moving well**
- I **take medication**
- I manage my own **prescriptions**
- I can **manage pain** with support
- I talk to my **GP (doctor) regularly**

## MIND

- I keep my **mind active**
- I am **aware** of my **mood (positive and negative)**
- I am **mentally strong** (resilient)
- I **create** my own **routines**
- I make time **for activities and hobbies I enjoy**
- I **decide daily** to feel well
- I **seek support** when I need it

## SOCIAL CONNECTION

- I **connect** with family and/or my friends
- I am part of a **social group**
- I find ways to **show kindness** to others
- I learn about **new events**
- I take on **new ideas** (e.g. video call loved ones)
- I like to go on **outings**
- I am a **volunteer**
- I meet **people who share my interests**



Wellbeing changes over time.



You can take more control and get support to improve your wellness.



Your tick box exercise can be your starting point.