

Wednesday, 03 March 2021

[Health and Social Wellbeing Improvement](#)



The *Keeping Well at Home* booklet is specifically targeted at those older people who are having to stay at home during COVID-19.

It contains practical information on simple exercises to do at home, as well as advice on staying safe – from what to do in the event of a fall, accident prevention and spotting scams, to nutrition and help with managing energy supplies. It also provides some useful contact information.

The Keeping Well at Home Booklet was reproduced by PHA and Age Friendly NI for a NI audience, with kind permission from the Institute for Collaborative Research on Ageing at Manchester University,

Details

Format

A4, 15 pages

Target group

Older people

Downloads

Attachment

Size

[Keeping Well at Home booklet](#) 3.7 MB

[Print](#)