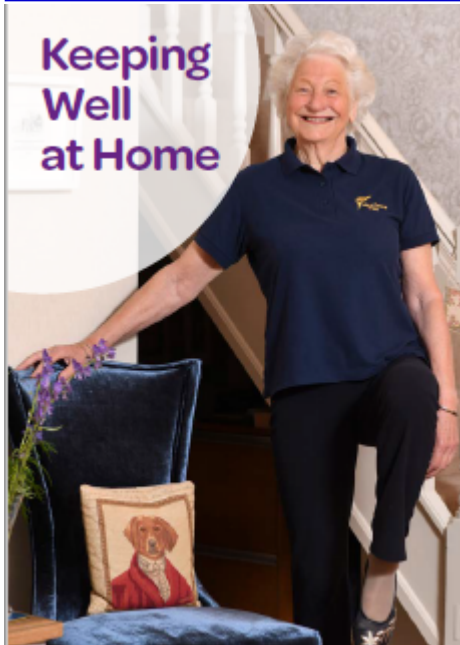


Wednesday, 03 March 2021

[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.

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Details

Format

A4, 15 pages

Target group

Older people

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Size

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

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