

Do you worry about your parents?

**Are your parents Thriving?
Or can you improve their wellbeing?**

a seminar that helps your ageing parents stay safe and well at home



Are you aware that professional help is available to

- Prevent falling in the home
- Solve swallowing difficulties,
- Build strategies to combat forgetfulness and other changes in thinking,
- Improve speech, communication and hearing on the phone
- Care for feet
- Teach nutritious cooking (especially for men that find themselves suddenly alone)
- Plan safe, regular and informed medication use
- maintaining safety and independence in the home
- Progress social and community connection

First the basics SAFETY:

Falls prevention, Nutrition, Correct medication use, Forgetfulness,
Vision, use of an alarm, general safety at home

Then HAPPY independence:

Independence, social isolation

Leads to THRIVING:

Meaningful life, thriving,
“Grandma- fit” (activity tolerance)

**Monday 15 May 2017
7.30 – 9 pm
Sydenham Room, South Library
66 Colombo Street, Cashmere**