



The better health habits we have now or put in place as we age, the better quality of life we are likely to have when we get older.

Doctors have determined that most of the important activities for staying well are things we can control ourselves. Research has also found that most of the diseases that people commonly get as they age are preventable.

# Introduction to Ageing well

The image below shows some keys ways we can take ownership of our own health, now and into the future.



## Key things we know about ageing well.

- Older adults are a very diverse group with individual needs
- More older people are joining our schemes and remaining in them longer
- Our health needs change as we get older
- General health needs are separate from injury-related health needs
- One of the best ways to meet health needs and plan for a healthy future is through an ongoing relationship with a trusted GP
- Everyone has the right to ask for their specific needs to be met by the services they work with
- There are a lot of opportunities to take control of our health by creating good habits with eating, sleeping, regular exercise, social connection, and mental wellness

People with severe injuries are more likely than others to need complex health management and may be at greater risk of certain health conditions or diseases of ageing.

Health and ageing are complex. Trustworthy advice and support can help with staying healthy and independent.

GPs are responsible for being that trusted support in the community and for deciding which health tests are most suitable based on age, gender, genetics, past injuries, and lifestyle. It can take a few goes to find a GP that you trust to be the support you need on your health journey.



## What a GP may talk about when we go for a health check

The image shows some things a GP may talk about to ensure someone has the information and skills needed to remain healthy.



Part of icare's role is helping participants and workers access appropriate injury-related supports that promote health and wellbeing as they age. This introduction is part of a suite of documents Lifetime Care and Workers Care have developed to help participants, workers, and the people that support them gain independence in looking after their own health. For more information, including a list of resources and references for the content

of this information sheet, please refer to the following documents, available on the icare website: [www.icare.nsw.gov.au](http://www.icare.nsw.gov.au)

- Ageing well
- Ageing well - information for providers
- Checklist for ageing with TBI
- Checklist for ageing with SCI
- icare Health Literacy Framework

### icare

GPO Box 4052, Sydney, NSW 2001  
General Phone Enquiries: [1300 738 586](tel:1300738586)

Email: [care-requests@icare.nsw.gov.au](mailto:care-requests@icare.nsw.gov.au)

Web: [www.icare.nsw.gov.au](http://www.icare.nsw.gov.au)