

*Patient Resources – {[click here for pdf download](#)}*

### **Aging with Vitality Resources**

Your everyday guide to healthy active living

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0026/844181/ageing-vitality-guide.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0026/844181/ageing-vitality-guide.pdf)

Aging with Vitality Workbook

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0029/844184/ageing-vitality-workbook.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0029/844184/ageing-vitality-workbook.pdf)

Eating well booklet [Open Booklet](#)

Falls Prevention - One Step Ahead [Open Brochure](#)

Health coaching website (self- referred Qld free health coach) [Click Here](#)

Living Well brochure [Open Brochure](#)

Meals on wheels contact numbers: <https://www.qmow.org/contact>; Ph 1300 90 97 90

Mental Health Support for Older People

<https://www.headtohealth.gov.au/supporting-yourself/support-for/aged-and-elderly>

Staying active booklet [Open Booklet](#)

Staying active website [Click Here](#)

My Aged Care brochure [Open Brochure](#) and support <https://www.myagedcare.gov.au/>

### **Welcome to the Upside of Ageing**

LiveUp is a free national healthy ageing platform designed to help you reimagine, reset, and reconnect with living your life to its fullest. You'll find personalised suggestions, including tailored activities, assistive products, social connections and more, all in your local area or online. Head to [live.org.au](https://live.org.au) and take control of your healthy ageing journey.



### **Eating Well**

Frailty and loss of muscle has been linked to diets that are low in protein. Having sufficient protein in the diet will help to minimise muscle loss. See Eating well [Booklet](#) for practical advice.

Patients should include at least 10gm of protein with every meal – here are some examples\*





\*Images supplied by NSPHN

## Activity programs and exercise classes

### ALL AREAS:

**Brisbane City Council** - Active and Healthy Events – GOLD Program

<https://www.brisbane.qld.gov.au/whats-on-and-events/search?type=2796&age=350>

**Diabetes Education** Events Session Finder (including **Beat It exercise classes**)

<https://www.diabetesqld.org.au/events-and-education/#type-2-diabetes>

**Physical activity programs and health coaching** - My Health for Life

<https://www.myhealthforlife.com.au/>

**Online Exercises** - Healthier Happier Stability and Balance Resources

<https://www.healthier.qld.gov.au/fitness/workouts/stability-and-balance/>

### Walking programs

[Heart Foundation Walking](#)

### BY REGION/ SUBURB:

**Beenleigh & Districts Senior Citizen Centre** - Recreational and Exercise Activities

<http://bdsc.org.au/>

**Cleveland** - Recreational and Exercise Activities - Donald Simpson Community Centre

<https://www.donaldsimpsoncentre.com.au/>

**Inala Community House** - 60 and Better Program and Healthy Ageing Program

<https://ich.org.au/>

### Logan

- Healthy Living Life Style program

[Logan Healthy Living - Let's do it differently this time](#)

- Active and Healthy Program – Logan City Council

<https://www.logan.qld.gov.au/healthy>

### Redlands

- Healthy Ageing Activities - <https://www.rdcota.org.au/activities/>

- Senior Activities and Events (Calendar-based) - Redland City Council

[https://www.redland.qld.gov.au/info/20075/community\\_support/248/initiatives\\_and\\_support](https://www.redland.qld.gov.au/info/20075/community_support/248/initiatives_and_support)

**Slacks Creek** - Older Person's Action Program – Kingston East Neighbourhood Centre

<https://keng.org.au/older-persons-action-program/#:~:text=The%20Older%20Person's%20Action%20Program,contribute%20to%20their%20community%20by>

**Scenic Rim Regional Council** - Be Active and Healthy Program – Calendar events

<https://www.scenicrim.qld.gov.au/our-community/for-residents/annual-events>

**Woolloongabba** - Jump On the Wellness Wheel – Metro Community Hub

<http://www.metrocommunityhub.org.au/programs-services.html>

**Wynnum** - 60 and Better Program - <https://wynnum60andbetter.org.au/>

## **Exercise Videos**

Here are simple exercise videos to improve strength and balance that patients can do at home (Exercise physiologist or physiotherapist support may be required to complete there).

[Sit to Stand](#)

[Side Leg Raises](#)

[Stepping up a step](#)

[Knee Raises](#)