



Tan Tock Seng
HOSPITAL

Take Charge Of Your Health: Tips For Older Adults

As you grow older, it is important to take care of yourself and take actions to improve your **physical**, **emotional** and **mental** well-being. By taking care of yourself, you can continue to enjoy an active and fulfilling life. You can also prevent many illnesses that seem to be part and parcel of aging.

The tips in this booklet provide you with general suggestions on what you can do to improve your health and well-being. If you have any specific concerns, you should consult your doctor.

Disclaimer: The information compiled in this booklet is not intended to diagnose health problems or to substitute the medical advice or care you receive from your doctors or other healthcare providers. Always consult your healthcare providers about your medications, symptoms and health problems.



20 GENERAL TIPS



USEFUL INFORMATION

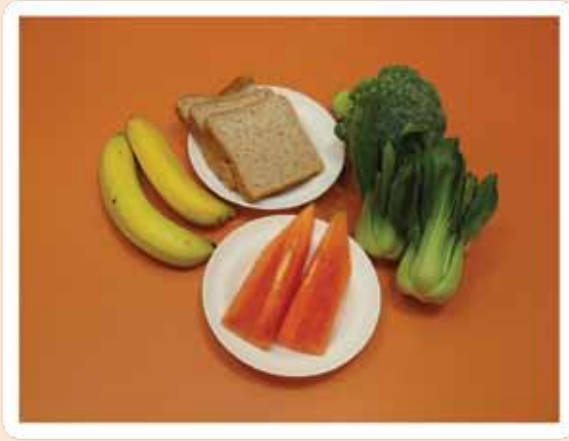
20 GENERAL TIPS



Eat at least 3 meals a day to maintain adequate nutrition.



Include a variety of food in your meals so that you have a balanced diet.



Eat food rich in fibre to prevent constipation.



Drink adequate amount of fluids during the day (unless your doctor advises otherwise). Stop fluid intake 2 hours before bedtime.



Monitor your weight once a month. See your doctor if there is any unexpected change in your weight.



Actively involve yourself with your family, friends and your community.





Exercise regularly. If you have not been doing any exercises previously, start slow. Start with exercises that you are already comfortable doing.



Exercise only when you are feeling well.



See your doctor if you experience sudden or gradual weakness in the legs or have difficulty sitting, standing or walking.

Tip

9

Wear comfortable, covered shoes with non-slip soles to provide more stability when walking.





Perform your daily activities safely.



- **Focus on your walking. Avoid doing multiple things when you walk.**

- Stand up slowly after lying down or sitting. Stabilize yourself before walking.



- **Sit on a sturdy chair when bathing or wearing pants if you are unsteady on your feet.**



- **Take your time when you perform your daily activities.**



If you wear spectacles, use different spectacles for different purposes. For example, use one to see things at a distance and a separate one for reading.



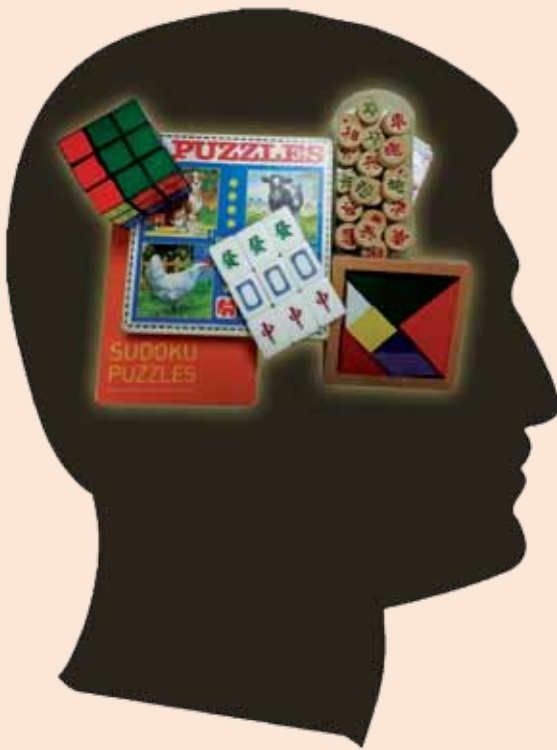


Keep an updated list of all your medications, especially if you are seeing more than one doctor. Organize and label your medicines to remind yourself of what medicines to take and when to take them.



Speak to a pharmacist if you have difficulties managing your medications.





Keep your mind active by engaging in mind stimulating activities such as mah-jong and puzzles.



See your doctor if you have difficulties remembering things or performing everyday tasks.





Tip
16

Maintain a regular sleep schedule. Avoid or minimize taking naps during the day.





See your doctor if you need to pass urine more frequently than usual.

Why am I going to the toilet so often?



Tip
18

Keep your home safe.

- **Keep walkways clear. Remove clutter and electrical cords from walkways.**



- **Remove loose rugs or place non-slip mats under rugs.**



- **Ensure adequate lighting. Place nightlight by your bedside for better visibility at night.**



- **Install grab bars and use non-slip mats in the toilet or shower area.**



Tip

19

Be safe outside your home.

- **Use the lift instead of the escalator if you are unsteady on your feet.**



- **Sit nearer to the exit on buses and trains for easy access when alighting.**



- **Be careful when crossing the road. Do not rush when the traffic light is blinking. Wait for the next round.**





Have a plan on how to get help in an emergency. Place emergency numbers by the telephone and make sure that the telephone is easily accessible.



CONTACT NUMBERS

Son (儿子)	9XXX-XXXX
Daughter (女儿)	9XXX-XXXX
Ambulance (救护车)	995
Emergency (紧急)	999



Summary: Tips in Taking Charge of Your Health

1. Eat at least 3 meals a day.
2. Eat food rich in fibre.
3. Drink adequate amount of fluids during the day.
4. Monitor your weight once a month.
5. Actively involve yourself with family and friends.
6. Exercise regularly.
7. Exercise only when you are feeling well.
8. See your doctor if you experience weakness in the legs or have difficulty sitting, standing or walking.
9. Wear comfortable, covered shoes with non slip soles.
10. Perform your daily activities safely.
11. If you wear spectacles, use one to see things at a distance and a separate one for reading.
12. Keep an updated list of all your medications.
13. Speak to a pharmacist if you have difficulties managing your medications.
14. Keep your mind active by engaging in mind stimulating activities.
15. See your doctor if you have difficulties remembering things or performing everyday tasks.
16. Maintain a regular sleep schedule.
17. See your doctor if you need to pass urine more frequently than usual.
18. Keep your home safe.
19. Be safe outside your home.
20. Have a plan on how to get help in an emergency.



USEFUL INFORMATION

Webpages on Eldercare and Activities

1. Singapore Silver Pages
<https://www.silverpages.sg/>
2. Eldercare Service Locator
<https://www.silverpages.sg/eldercare/default.aspx>
3. SG Enable
<http://www.sgenable.sg/>
4. National Council of Social Services (NCSS)
http://www.ncss.gov.sg/social_service/eldercare_services.asp
5. Council for Third Age
<http://www.c3a.org.sg/>
6. Health Promotion Board (HPB)
<http://hpb.gov.sg/HOPPortal/>
7. Alzheimer's Disease Association (ADA)
<http://www.alz.org.sg/>
8. TOUCH Community Services
http://www.touch.org.sg/elderly_service_group
9. Care Corner Singapore
<http://www.medialabsinnovation.com/staging/carecorner/index.htm>
10. Tsao Foundation
<http://tsaofoundation.org/>
11. Asian Women's Welfare Association (AWWA)
<http://www.awwa.org.sg>
12. Centre for Seniors
<http://www.centreforseniors.org.sg/index.html>
13. Caregiving Welfare Association (CWA)
<http://www.cwa.org.sg/our-services/>
14. Community Health Assist Scheme (CHAS)
<http://www.chas.sg/indexpatients.aspx>

Eldercare Resources and Assistive Equipment

1. Assisted Living
<http://www.assistedliving.com.sg/>
2. DNR Wheels
<http://www.dnrwheels.com/>
3. Lifeline Corporation
<http://www.lifeline.com.sg/>
4. Rehab Mart
<http://www.rehabmart.com.sg/>

Listing in this directory does not imply recommendation or endorsement by Tan Tock Seng Hospital. The above list is not an exhaustive list of resources available in Singapore. Check references carefully and verify that the information is still accurate.

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BUS & MRT SERVICES

B1 (ALONG THOMSON ROAD) SBS : 21, 56, 57, 131, 131A, 166
SMRT : 980

B3 (ALONG MOULMEIN ROAD) SBS : 21, 124, 124A, 518, 518A

NS 20 (NORTH-SOUTH LINE / NOVENA MRT)

LEGEND

-  BUS STOP
-  TAXI STAND
-  CAR PARK
-  MRT



A Community of Care

The Geriatric Clinic enquiries and appointment line:

Tel : 6359 6100

Fax: 6359 6101

The Geriatric Clinic

Tan Tock Seng Hospital, Annex 2, Level B1
7 Jalan Tan Tock Seng, Singapore (308440)

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