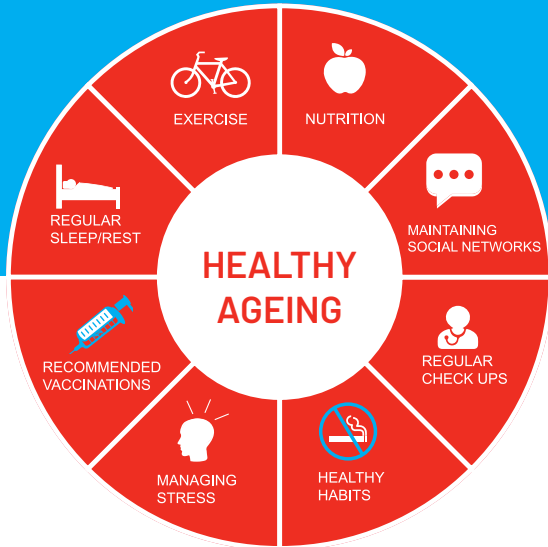


LIVING LONGER, LIVING WELL: YOUR GUIDE TO HEALTHY AGEING

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



READ THIS PAMPHLET TO LEARN:

- What you can do to Enable Healthy Ageing.
- How to Stay Healthy through Nutrition and Exercise.
- About Resources that Support Healthy Ageing.



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THE IMPORTANCE OF HEALTHY AGEING

Encouraging a balanced diet, regular physical exercise, remaining socially active, and avoiding certain behaviours like smoking have been shown to reduce one's chance of developing a variety of chronic diseases. These behaviours have also been shown to extend an individual's overall life expectancy.

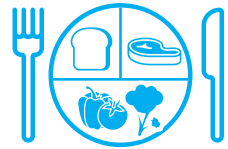


Healthy ageing is more than just living longer, but also about enabling us to maximize our quality of life as we age.

WHAT YOU CAN DO TO ENABLE HEALTHY AGEING

There are many things you can incorporate into your daily activities that can enable healthy ageing:

- Maintaining a balanced diet.
- Avoiding smoking.
- Drinking alcohol in moderation.
- Getting regular physical exercise.
- Getting regular sleep and rest.
- Managing stress.
- Getting recommended vaccinations.
- Maintaining social networks and keeping active in social activities/outings.
- Staying in contact with your health care provider.



NUTRITION TIPS FOR OLDER ADULTS

As you get older, your nutrient needs change. You may need to change your daily eating habits to ensure you are maintaining a healthy weight. If you are not as physically active, you may also need to eat fewer calories by eating balanced meals with nutrient-rich foods.

MAINTAINING HEALTHY WEIGHT

- Eat regularly by having three balanced meals each day and adding small snacks between meals.
- Ensure you are eating nutrient-dense foods.
- Limit high-fat and high-sugar foods.
- Eat foods high in dietary fibre.
- Reduce sodium (salt) to avoid water retention and high blood pressure (Less than 1,500 mg a day).
- Drink more water to keep hydrated, reduce constipation and improve digestion.

SERVING SIZES

How many servings of each food group you should eat each day:



Fruits & Vegetables

Serving size: 1 fruit, 1/2 cup of vegetables

- 7 Servings for Males
- 7 Servings for Females



Grain Products

Serving size: 1/2 bagel, 1 slice of bread

- 7 Servings for Males
- 6 Servings for Females



Milk & Alternatives

Serving size: 3/4 cup yogurt, 1 cup milk

- 3 Servings for Males
- 3 Servings for Females



Meat & Alternatives

Serving size: 3/4 cup cooked legumes, 2 eggs

- 3 Servings for Males
- 2 Servings for Females

PLATE METHOD:

Use the plate method when planning meals. Fill 1/2 the plate with vegetables, 1/4 with meat/meat alternatives, and 1/4 plate with a starchy vegetable or whole grain serving.



RECOMMENDED VITAMINS & MINERALS





As you get older, it may become harder for your body to absorb the vitamins and minerals you need. A balanced diet can often give you all the vitamins and minerals you need.



You may find that even when eating balanced meals, your body is still not getting the right amounts of vitamins and minerals it needs. A low-dose multi-vitamin or supplement can help in these cases. Your health care provider may also recommend you take additional vitamin and mineral supplementation. Always check with your health care provider and pharmacist before starting supplements.

IMPORTANT VITAMINS & MINERALS



Vitamin/ Mineral	Amount Per Day	Sources
 Vitamin D	Ages 50-70 = 600 IU Ages 70 & Older = 800 IU	<ul style="list-style-type: none"> • Milk • Tuna • Eggs
 Vitamin B ₁₂	Age 60 & Older: 2.4 mcg	<ul style="list-style-type: none"> • Eggs • Milk or almond milk • Beef and salmon
 Calcium	Ages 65-70: Males 1,000 mg and females 1,200 mg Ages 70 & Older: 1,200 mg	<ul style="list-style-type: none"> • Milk or milk alternatives • Oranges • Broccoli
 Iron	Ages 50 & Older: 8 mg	<ul style="list-style-type: none"> • Lentils • Broccoli • Beef

AVOIDING SMOKING

As an older adult, the long-term effects of smoking can be extremely dangerous. Smoking causes a heightened risk for various health conditions such as cardiovascular disease, respiratory conditions, and cancer.



Quitting can be difficult, but it's never too late. For tips and resources on how to quit smoking, visit the Lung Association's website at www.lung.ca/quit

DRINKING IN MODERATION

If you choose to drink alcohol, only do so in moderation. Drinking too much alcohol can increase your risk of health problems, including memory loss and falls, or worsen current conditions in your later years. Men should have fewer than 7 drinks a week and no more than 2 per day. Women should drink fewer than 5 drinks a week and no more than 1 drink per day.



There are many benefits to reducing your alcohol consumption, some of which include:

- Reduced risk of heart disease and diabetes.
- Increased energy and less feelings of fatigue.
- Improved sleep.
- Improved weight management as alcohol is high in calories.

Many prescription medicines can be dangerous when mixed with alcohol. Always talk to your health care provider about your medications if drinking alcohol.

BENEFITS OF REGULAR EXERCISE

Regular physical activity and exercise are beneficial for staying physically and mentally healthy as we age. Regular exercise has proven long-term health benefits.

Older adults should aim to get 150 minutes of moderate to vigorous intensity aerobic exercise per week, in bouts of 10 minutes. There are many exercises or daily activities you can incorporate into your routine to stay healthy and active.



STAYING PHYSICALLY ACTIVE

You can incorporate the activities listed below into your routine to stay healthy and active:

- Walking.
- Light jogging.
- Dancing classes.
- Water aerobics.
- Chair exercises.
- Yoga.
- Stretching exercises.
- Gardening.
- Walking your dog.
- Taking the stairs instead of the elevator.

DID YOU KNOW?

Climbing 5 flights of stairs
a day could reduce the risk
of cardiovascular disease
by 20%

REGULAR EXERCISE CAN HELP PREVENT FALLS

When you get older, you have a greater risk of falling or tripping. In fact, 1 in 3 older adults fall each year. This can cause serious injuries.

Exercising regularly can help prevent falls by:

- Making your muscles and bones stronger and more flexible.
- Improving your balance.
- Improving your coordination and reaction times.

Did you know? Ontario has free exercise and falls prevention classes for older adults aged 65 and older.

Visit ontario.ca/healthcareoptions to find the closest exercise and falls prevention class in your community.

HOW TO SLEEP WELL AS YOU AGE

As we get older, we may find it harder to fall and stay asleep. Many older adults may feel less satisfied with the sleep they are getting and feel more tired during the day. The lack of quality sleep can affect your energy, emotions, and overall health.

DURING THE DAY



- Avoid large meals and drinking fluids a few hours before bedtime.
- Limit or eliminate alcohol, caffeine, and nicotine.
- Exercise regularly but not within 2 hours of your bedtime.
- Get adequate exposure to bright light during the day.
- Avoid napping.
- Get out of bed at the same time each morning.

HOURS OF SLEEP



There is no “right amount” of sleep. As we get older, our sleeping needs change. You may need to sleep less and feel just as rested.

DURING THE NIGHT



- Make sure your bedroom is quiet, dark, and cool to keep comfortable throughout the night.
- If it helps, use soothing noise (e.g. a fan, other appliance, “white noise” machine).
- Remove electronics from the room.
- Develop a sleep ritual (same routine each night before going to bed).
- If possible, avoid using sleeping aids and pills to help you sleep as many of these can increase your risk of falls.

RECOMMENDED VACCINATIONS FOR OLDER CANADIANS

Many older Canadians are at increased risk of developing preventable diseases. To avoid this, talk to your health care provider about the recommended vaccinations for older Canadians:



- Influenza (Flu Shot).
- Pneumonia (Pneumococcal).
- COVID-19.
- RSV (Respiratory Syncytial Virus).
- Shingles (Varicella/Herpes Zoster).
- Tetanus and Diphtheria.

MAINTAINING STRONG SOCIAL NETWORKS

Staying socially active and maintaining positive relationships can help you maintain your physical and emotional health.

You can stay social and active by:



- Volunteering in your community.
- Joining a group focused on activities you enjoy, such as an exercise class or book club.
- Taking classes or finding hobbies that keep you interested.
- Getting involved at your local older adults centre.
- Joining a local fitness centre to stay physically active.
- Staying connected with friends, family, or coworkers by phone, email, or in-person visits as much as possible.

WHERE CAN I FIND MORE INFORMATION?

EAT RIGHT ONTARIO - A GUIDE TO HEALTHY EATING FOR OLDER ADULTS:

Find tips and ideas to make eating easy and enjoyable for older adults.



www.eatrightontario.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults

HEALTH CANADA: CANADA'S FOOD GUIDE:

Canada's recommendations for safe food and nutrition.



<https://food-guide.canada.ca/en/>

PUBLIC HEALTH AGENCY OF CANADA (PHAC): PHYSICAL ACTIVITY GUIDELINES:

PHAC supported the Canadian Society of Exercise Physiology (CSEP) guidelines on physical activity for older adults.



<https://csepguidelines.ca/guidelines/adults-65/>

EXERCISE AND FALLS PREVENTION PROGRAMS

Older adults (aged 65 and older) can join one of 2,000 free classes across Ontario to help maintain balance and strength to prevent falls.



Call 211 or Home and Community Care Support Services (HCCSS) at 310-2222 (No Area Code Needed)



www.ontario.ca/page/exercise-and-falls-prevention-programs

RELEVANT RESOURCES IN OUR SERIES

- Calcium, Vitamin D and Bone Health
- Improving Nutrition as You Age
- Managing Sleep in Older Adults
- Recognizing and Managing Anxiety
- Recognizing and Managing Depression
- Staying Active As You Age

ADDITIONAL HEALTH RESOURCES IN OUR SERIES:

- Advance Care Planning: How to Start the Conversation
- Alcohol and Your Health
- General Tips for Managing Memory Problems
- Improving Urinary Incontinence
- Managing Caregiver Stress
- Managing Chronic Pain
- Managing Common Mental Health Conditions in Older Adults
- Managing Constipation
- Managing Mild Cognitive Impairment, Alzheimer's Disease & Other Dementias
- Managing Multiple Chronic Health Conditions
- Managing Sedative-Hypnotic Use Among Older Adults
- Managing Substance Use and Addictive Disorders As You Age
- Preventing and Managing Diabetes in Older Persons
- Preventing Falls at Home
- Recognizing and Managing Delirium
- Recognizing and Managing Hearing Loss
- Safe Medication Use for Older Adults
- Substitute Decision Makers and Powers of Attorney

ADDITIONAL COMMUNITY RESOURCES IN OUR SERIES:

- Community Transportation Options
- Driving Assessment Services
- Elder Abuse
- Funding for Mobility and Other Aids from the Assistive Devices Program
- Housing Options for Older Adults
- How to Register for Wheel-Trans
- Meals on Wheels

Visit www.sinaigeriatrics.ca/healtheducation for additional resources for older adults, families and caregivers.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

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