



Keeping well for retirement in Brighton & Hove



CERTIFICATE OF RETIREMENT



We would like to **congratulate** you on your retirement and say **thank you** for all your hard work throughout the years and your contribution to our society.

We wish you many days full of love, joy and good health.

Stay connected!



Keeping well for retirement in Brighton & Hove

Overview

Physical activity, a balanced diet and sustaining a healthy weight are key factors in maintaining and enhancing good health together with moderation in alcohol intake and being a non-smoker.

These healthy lifestyles can lower the risk of ill health such as cancer, dementia, diabetes and heart disease and improve mental health and wellbeing.

It is important that pre-retirement plans include thinking about a healthy retirement lifestyle. Better still, start the process before retiring.

Ageing well

Ageing Well is a programme of services and activities for people living in Brighton & Hove aged 50+. If you are looking for information and advice, social activities, health and wellbeing, and volunteering opportunities, they have a range of options for you. All Ageing Well services are inclusive of people living with dementia.

Call **01273 322947** or text **07770 061072**
www.ageingwellbh.org



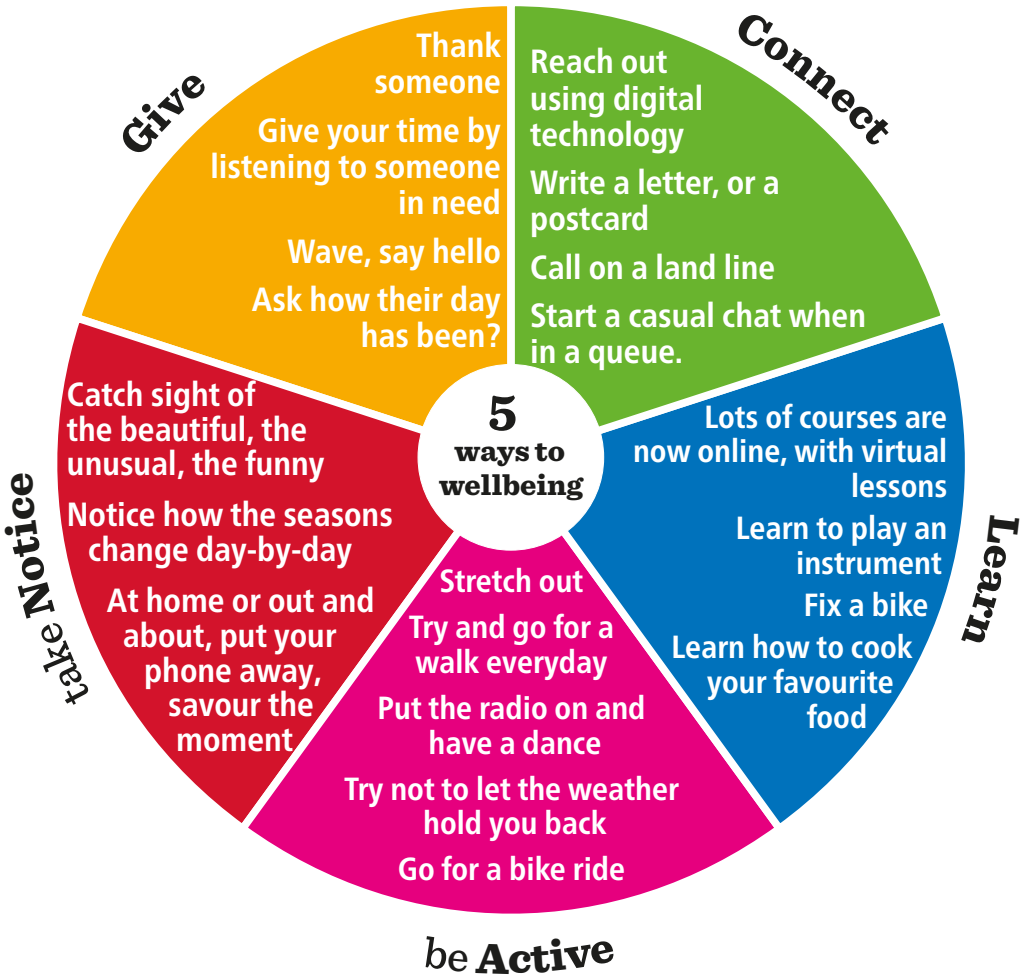
Contents

Mental health	7
Health Checks	7
Stay strong, steady, and independent	8
Eat well and alcohol	12
Physical activity	15
Sleep	16
Memory loss and dementia	18
Weekly planner	20 -25
Support services	26

FREE physical activity session voucher on back page

5 ways to wellbeing

Think of the phrase CLANG as a way to remember what the 5 ways are: **C**onnect, **L**earn, be **A**ctive, take **N**otice and **G**ive.



Mental health & wellbeing

Every mind matters. There are little things we can all do to help look after our mental health. Explore the website below or take the Mind Plan quiz to get a personalised mental health action plan with practical tips.

www.nhs.uk/every-mind-matters

Mental health as you age

There may be times when you feel lonely or a bit lost. Ill health and changes in your relationships may temporarily alter your plans, think positively and get support from services on page 26-27.

Health checks

Attend your NHS Health Check! This is a check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, and type 2 diabetes. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

You can expect to receive a letter from a GP surgery or local authority inviting you for an NHS Health Check every 5 years. If you haven't received your invite you could ask your GP surgery if they offer the NHS Health Check and if they can let you know when you will be invited.



Stay strong, steady, and independent

Did you know that as we get older, our muscle strength and balance reduce? In fact, it starts from about age 30. Then from about age 55, we lose about 1% of our muscle mass every year. This increases our risk of having a life-changing fall.

The good news is that there are lots of easy, affordable ways to keep strong and steady. This includes at home or at one of the activities across the city. Many of these activities are a short walk or bus ride away including strength and balance classes, racket sports, yoga and pilates.

The recommendation is to do strength and balance activity (at least 10-20 minutes) on 2 or more days of the week.

To choose your own way to build strength and balance and age well, visit Ageing Well website ageingwellbh.org or phone **01273 322 947**.

Top tips

1. Strength and balance exercises
2. Sight and hearing tests
3. Good lighting, motion activated lamps by the bed
4. Replace worn-out slippers
5. Good nutrition
6. Remove or tape down loose carpets
7. Get a bell collar for your pet
8. Regular podiatrist or chiropodist visits

Standing Tall

Strength and balance classes in Brighton & Hove

Standing Tall are physiotherapist-led classes for everyone aged 65 and over who wants to keep up or improve their fitness, balance and strength. That includes people who have fallen over in the past. Classes cost £6 and are subsidised by Brighton and Hove City Council.

www.standingtall.net

TRY THESE 6 EXERCISES REGULARLY AT HOME TO HELP YOU BUILD YOUR STRENGTH AND BALANCE

1



Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed).

Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

2



Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line.

Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot place the other foot in front and balance for 10 seconds.

3



Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.

4



Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.

5



Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

6



One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds.

Repeat on the other leg.

Get up and go A guide to staying steady.

This helpful booklet tackles common myths about falling. It contains a checklist to help you to decide whether you are at risk and there is plenty of advice on how you can reduce your chances of having a fall by improving your balance, muscle strength and more. Produced by the Chartered Society of Physiotherapy with Saga and Public Health England.

www.csp.org.uk/getgoguidestayingssteady

Further information:

How to reduce your chances of falling, where to get help and information, and support if you've already had a fall, please visit: www.brighton-hove.gov.uk/adult-social-care/help-stay-safe-home/how-reduce-your-risk-having-fall

Top tips

- Get handrails and non-slip mats
- Regular medication reviews
- Walk or stretch every 20 mins
- Good hydration
- Keep your mobile or pendant on you
- Keep trailing leads out of the way
- Take vitamin D or spend 10 mins a day in the sun from May to September
- Replace worn down ferrules



Eatwell and alcohol units

Make sure you eat regular meals and explore healthy cooking options. How much of what we eat overall should come from each food group to achieve a healthy, balanced diet see Eat Well Guide, on page 13.

To keep health risks from alcohol to a low level if you drink most weeks:

- Men and women are advised not to drink more than 14 units a week on a regular basis
- Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week
- If you want to cut down, try to have several drink-free days each week

Did you know: 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of lower-strength wine.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Salt
3.0g	1.5g	3.4g	0.9g
250kcal	Low	High	Med
4%	7%	33%	15%

Typical values (as sold) per 100g (897kJ/167kcal) of an adult's reference intake
 Choose foods lower in fat, salt and sugars

Eat at least 5 portions of fruit and vegetables every day!



Eat less often and in small amounts



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal + 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016



Physical activity

We should all aim to do at least **150 minutes** of moderate-intensity physical activity a week. And build strength on at least 2 days per week. For older adults this is important to reduce the chance of frailty and falls.

Staying Physically Active can help to:

- Energise you and keep you socialising
- Lift your mood, help with stress and anxiety
- Manage high blood pressure and angina
- Maintain healthy weight
- Maintain regular bowel movements
- Stimulate poor appetite
- Strengthen muscles and bones and prevent falls and fractures
- Prevent some long-term conditions such as arthritis from getting worse

Did you know: The Healthy Lifestyles team deliver free Healthwalks and low cost physical activity sessions across the City

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

- Reduces your chance of
- Type II Diabetes -40%
 - Cardiovascular disease -35%
 - Falls, depression etc. -30%
 - Joint and back pain -25%
 - Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Carry heavy bags, Run, Stairs, Sport, Yoga

Minimise sedentary time
Break up periods of inactivity

Bowls, Tai Chi, Dance

Improve balance
2 days a week

For older adults, to reduce the chance of frailty and falls

UK Chief Medical Officers' Physical Activity Guidelines 2019



Sleep

Recommended Sleep for adults

Adults (26 – 64 years) are recommended to sleep 7 – 9 hours per night

Older adult (aged 65+) are recommended to sleep 7 – 8 hours per night

Did you know: Researchers estimate that between 40% and 70% of older adults have chronic sleep issues. This can significantly interfere with your daily activities and reduce your quality of life.

› Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.

› Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.

› Move more, sleep better

Being active can help you sleep better but remember to avoid vigorous activity near bedtime if it affects your sleep.

› Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.

› Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

**Put down the pick-me-ups**

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.

Memory loss and dementia

Everyone can forget things from time to time, and this is usually normal. If you or someone close to you is experiencing changes such as significant memory loss, confusion or language difficulties, it's a good idea to visit your GP for an assessment.

There are benefits in receiving a diagnosis of dementia, as it enables access to treatment and support that would otherwise be unavailable. With the right help and support, many people can live well with dementia.

For information on local support service and activities please contact **Ageing Well and Dementia Connect** see support on page 26.

When people start to get dementia, you might see some of these things happen:



Forgetting recent events,
names and faces



Putting things in the wrong place



Not being sure about the date or time of day



Finding it hard to use the right words or understand other people's words



Asking the same questions often in a short space of time



Finding it hard to pay attention or make simple decisions



Getting lost, mostly in places that are new



Changes in how someone feels, like becoming sad or easily upset, or losing interest in things

5 ways to wellbeing weekly planner

Plan in regular activities such as voluntary work, health and wellbeing activities and hobbies.

Refer to wheel on page 6 for examples	Connect	Learn
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Write down each day what you plan to do:

Active	Take notice	Give

Healthy Lifestyles weekly planner

Plan in regular activities such as voluntary work, health and wellbeing activities and hobbies.

Refer to recommendation on page 12-16 for examples	Physical activity how many minutes	Hydration how many glasses of water
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Write down each day what you plan to do:

Fruit and veg 5 a day	Sleep how many hours	Other

Healthy Lifestyles weekly planner

Plan in regular activities such as voluntary work, health and wellbeing activities and hobbies.

Refer to recommendation on page 12-16 for examples	Physical activity how many minutes	Hydration how many glasses of water
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Write down each day what you plan to do:

Fruit and veg 5 a day	Sleep how many hours	Other

Support and services available

Ageing Well

www.ageingwellbh.org

01273 322 947

They will help you look for information and advice, social activities, health and wellbeing, and volunteering opportunities, they have a range of options for you.

Healthy Lifestyles team

01273 294589

healthylifestyles@brighton-hove.gov.uk

www.brighton-hove.gov.uk

Free support on, healthy eating, physical activity, reducing alcohol, losing weight and to stop smoking. The team also deliver **free** Healthwalks and low cost physical activity sessions.

Age UK

www.ageuk.org.uk/

westsussexbrightonhove

Dementia Connect

[www.alzheimers.org.uk/get-](http://www.alzheimers.org.uk/get-support/dementia-connect)

[support/dementia-connect](http://www.alzheimers.org.uk/get-support/dementia-connect)

0333 150 3456

The Carers Hub

01273 977000

info@carershub.co.uk

Brighton & Hove LGBTQ

Switchboard

01273 359042

helpline@switchboard.org.uk

01273 234009

Falls and fracture prevention service for people aged 65 and over.

We aim to help people avoid falls and fractures, remain independent and feel more confident in daily activities. We offer this service within clinics or in people's own homes.

SCTR.FallsServiceENQS@nhs.net

01273 265574

Contact your GP if you are concerned about your health and wellbeing.

Brighton & Hove Freedom Leisure

7 sites across the city with a variety of activities and offer discounts for residents in receipt of benefits such as pension credit which gives 40% off selected activities. Visit one of the leisure centres in Brighton and Hove for an application or visit: www.brighton-hove.gov.uk/leisure-card

Care and support for adults

Get care and support, equipment and help at home, supported housing or a care home, support for carers.

www.brighton-hove.gov.uk/adult-social-care/care-and-support-adults

Volunteering opportunities

Search 250 volunteering opportunities across Brighton, Hove, Adur and Worthing.

www.bhcommunityworks.org.uk

Brighton and Hove Memory Assessment Service

Assessment, diagnosis, treatment, support and advice for people in Brighton and Hove with memory problems,
0300 555 0175

www.hereweare.org.uk/what-we-do/brighton-hove-memory-assessment-service

Time for Dementia

An innovative, award winning training programme where two students are paired with a family affected by dementia and will arrange to visit them at home up to three times per year. The visits are a unique learning opportunity for the students but also a great chance for a family affected by dementia to share their experiences of living with the condition.

www.alzheimers.org.uk/get-involved/engagement-participation/time-dementia-programme



Free session voucher

Cut out this voucher and take along to any Active for Life physical activity session. This will give you a FREE session.

The Active for Life project is run by the city's Healthy Lifestyles Team. They deliver low cost physical activity sessions across the city for all ages and abilities.

Healthy Lifestyles Team

01273 294589 or

www.brighton-hove.gov.uk/libraries-leisure-and-arts/active-life-activities-adults



FREE SESSION VOUCHER

Bring this voucher along to
any Active for Life session

Your healthy
Lifestyle

