

Health promotion

People change as they get older. It can become harder to remember things or move about with confidence. The body also needs different nutrients than before. Early help, appropriate exercise and healthy nutrition can help people stay independent for longer. There are many services that provide support in everyday life – for the elderly and for their relatives.

Dementia

When memory worsens or forgetfulness increases, it's a good idea to talk to a doctor. Doctors can determine whether there are any signs of dementia (Demenz). Various centres offer advice, support and relief for affected families.

Safety – avoiding falls

Appropriate exercise strengthens muscles and improves balance. This makes everyday life safer and helps people stay independent for longer. Movement also helps to improve well-being. Daily activities such as ascending the stairs or cleaning can then be done safely and steadily, helping to maintain independence for longer.

Nutrition in old age

When people get older, the body needs different nutrients. It needs fewer calories, but more protein. This keeps muscles and bones strong. Foods containing lots of vitamins and minerals are good for health.

Additional information (links, addresses, information sheets, brochures)

www.hallo-aargau.ch/en/alter-und-migration/gesundheitsfoerderung