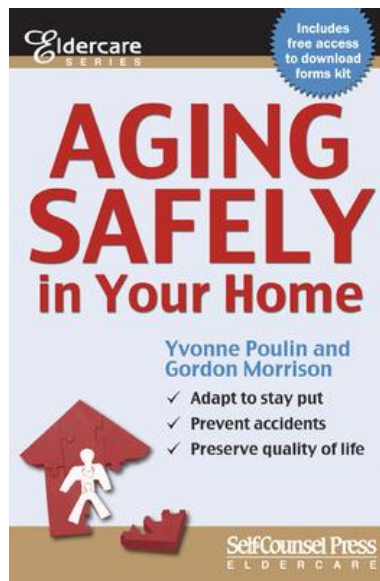


Are You Aging Safely? Checklist 1

(Part 1 of 3 excerpts from the book *Aging Safely in Your Home* by Yvonne Poulin and Gordon Morrison, published by Self-Counsel Press)



A common but unfortunate part of aging is a shrinking social circle. Whether you like it or not, if you wish to [age safely in your home](#), it takes a team effort. The effort on your part involves having an active social life and accepting adequate home care and support.

“Social isolation is one of the barriers to aging well. Although our physical bodies do naturally “wear down”, our social, mental, emotional, and spiritual health are factors that are much more under our personal control. And these factors do have a significant effect on our physical health. Numerous studies have shown that people who maintain social connections with a wide variety of social networks live longer, have stronger immune systems, and maintain better mental health.”

Here’s a checklist for you to rate your [social activity](#); one of the most important factors that affect your ability to age safely in your home.

Aging Safely in Your Home – Chapter 2 Checklist

SOCIAL ACTIVITY	YES	NO
Frequent phone calls or visits with people in your innermost circle		
Daily contact with someone if you have a tendency to fall		
Eat a meal with others frequently		
Do exercise or activities with others at least twice per week		
Be on good terms with at least two neighbors		
Attend an event or do an activity at your nearest seniors center or community location at least every second week		
Be able to ask for help from someone you trust with housing, transportation, or other issues when needed		
Have access to and utilise safe transportation methods		
Have a communication system that lets others know you are safe and well		

* It is wise to review these charts on an ongoing basis, because your circumstances are likely to change*

Learn more about how to empower yourself so you can age safely in your home.

[Order Aging Safely in Your Home](#)

[Self-Counsel Press](#) Books and E-books

[Amazon](#) Books and Kindle editions