

Staying connected as you get older

Regular contact with other people can support your health and wellbeing

Staying connected

Social connection means keeping in touch with family, friends, neighbours or people in your community. This may include talking on the phone, visiting someone, joining a group or taking part in an activity you enjoy.

Frailty is when your body finds it harder to recover from illness, injury or other changes. Staying socially connected can help prevent frailty. It also supports your mood, confidence, sense of purpose and independence.

People you see regularly may also notice when you need help. Staying connected can make it easier to ask for support when you need it.



How can I stay connected?

Choose activities that suit your interests, energy and mobility.

You could:



call or video-call a friend or family member



visit your local library or community centre



talk with neighbours when you see them



go for a walk with a friend



visit the same café regularly and get to know the staff or customers



volunteer for a cause that matters to you



invite someone to have tea or coffee with you



join an online group or class



join a regular exercise, hobby or activity group



ask someone to come with you when trying a new activity

You do not need to do everything. Start with one activity that feels manageable.

Small, regular connections can make a difference to how you feel.

Metro North Health's vision

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.

**Metro North
Health**



**Queensland
Government**

How can carers help?

Health changes, hearing or mobility difficulties, reduced confidence and changes in routine can make it harder for someone to stay connected.

Carers, family members and friends can help by:

- asking what the person enjoys
- finding activities that suit their interests and abilities
- helping with transport, bookings or reminders
- attending an activity with them, if they would like support
- encouraging regular contact with friends and family
- respecting the person's choices and independence

If the person receives services through **My Aged Care**, ask their service provider whether transport, social support or community activities are included.

How can carers look after their own connections?

Caring for someone can make it harder to maintain your own friendships, interests and activities. Looking after your own wellbeing is important.

Try to make regular time to:

- see or speak with friends
- continue a hobby or exercise
- attend a community activity
- join a carer support group
- take a break from caring responsibilities

Respite services may provide support for the person you care for while you take a break or attend an activity.

Staying connected when living with dementia

Familiar and enjoyable activities can support wellbeing, confidence and quality of life for people living with dementia.

Dementia-friendly groups may offer:

- music, art or gardening
- gentle exercise
- social activities
- outings
- activities for the person and their family member or carer

Some My Aged Care services may also help with transport or attending social activities.

Find local groups and support

Scan the QR code to find social groups, dementia-friendly activities and support services in North Brisbane.

Or visit: <https://tinyurl.com/TPCH-Social>



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