

Living Longer Living Well



Information about how people with a learning disability can live well as they get older.

Living longer



People with a learning disability are living longer.

This is good news.



It is important to have the right support as you get older.

What does living well mean?



Living well means doing things that are important to you. This could mean

- being healthy
- having friends
- feeling safe
- doing things you enjoy
- being listened to
- having your choices respected
- being part of your community



Everyone has a different idea of what living well means.

What matters is what is important to you.

Look after your health



Looking after your health helps you feel well and enjoy life.

Health checks



Go to your free yearly health check at your doctors

Health checks can help find problems early before you feel unwell.



You can ask for **reasonable adjustments**

Reasonable adjustments are changes that make things easier for you. For example longer appointment times.

See your doctor



Tell your doctor if something feels wrong. It is okay to ask questions.

You can bring someone with you if it helps.

Eating well



Eat fruit and vegetables every day.



Drink water.



Try to eat less sugar, salt, and fried food.

Exercise



Moving your body

- Keeps your heart healthy.
- Keeps your bones strong.
- Can help your mood.

Good activities include

- Walking
- dancing
- swimming
- chair exercise

Try to move more and sit less.

Sleep



Try to sleep 7 to 9 hours each night.

A calm bedtime routine can help you sleep.

For example

- Having a warm drink.
- Listening to relaxing music



Try to go to bed and wake up at the same time each day.

Medication



Take your medication the way your doctor tells you.

Ask for help if you are not sure.



Tell your doctor if your medication makes you feel unwell.

Look after your mind and feelings



Your feelings matter.

It is okay to feel sad or worried sometimes.
Talking to someone you trust can help.



Feeling lonely can be bad for your health.



Doing things you enjoy helps you feel good.

Here are some things that can help.

- Hobbies
- Relaxation and music



- Spending time outdoors





- Mindfulness or breathing exercises



- Spending time with family and friends.

Friendships and relationships



Friends and relationships are important at every age. Spending time with people can help your wellbeing.



- Friends give you someone to talk to. They can help you feel less alone.



- Family can give support and love.



- It is okay to have a boyfriend, girlfriend or partner. A good relationship is safe and treats both people well.



You have the right to relationships where you feel safe, respected and cared for.

Be included in your community



Being part of your community helps you stay active and meet people.

Everyone should feel included.



You might like

- Clubs and volunteering



- Day opportunities
Places you go for daytime activities



- Faith groups



- Going out and learning new skills like cooking or using a computer.

Staying safe



Feeling safe helps you feel calm and well.



Your home should be warm, clean, and safe.



You should know who to ask for help

This could be

- staff
- family
- a helpline

Tell someone if you feel unsafe.

Speaking up and being heard



Your voice matters.
People should listen to you.

You have rights. This means people should
treat you fairly and respect your choices.



You should be included in decisions about
your life.



Advocacy groups can help you speak up
and be heard.

Planning for the future



Advance Care Planning helps you think and talk about what you want in the future.

Making plans early makes life easier later. It also helps people know what you want.



You should think about

- What support you want and where you want to live



- Your wishes and choices



- Money and benefits



- End-of-life care is support for you if you became very unwell or near the end of your life.