

Your life, your choices

Staying independent at home

Keep
Able

Everyone deserves to live their best life possible.

Staying independent is key to this, and home support services can help.

We'll help you stay active and independent in ways that work for you, while supporting you with challenging tasks.



What support can you expect?

We're here to work alongside you. We want to know what matters most in your life. We focus on your strengths and build on your current abilities to promote your independence.

What might this look like?

We'll support you to stay active and independent by making small changes that have a big impact. This could mean:

- Improving your balance and strength so you can do more things
- Suggesting small changes in your home so you feel safer and more confident
- Finding ways to make tasks easier so you can do them without assistance



Why this approach works

Continuing to engage in daily activities is essential for living well. It enables you to:

- Keep your brain and body fit, reducing the risk of developing health conditions
- Maintain control over your routine and continue doing the things you love
- Feel more confident and capable as you experience real progress
- Reassure and stay connected with your friends, family, and community

Improvement is possible at any time. Talk to your service provider about getting started.

Keep Able supports your service provider in keeping you independent
If you're an older person looking for resources to live well, visit liveup.org.au