

- Seek the help of your family in meeting appointments and managing your health.
- Pay attention to any changes in your body sensations and tell them to your doctor.
- Try to avoid drinking alcohol and smoking or chewing tobacco as these can worsen your condition.

HEALTHY DIET

What we eat is very important for our well-being. Depending on your sickness, your diet will vary. If you have specific health conditions like diabetes & high blood pressure, follow the dietary advice given by your doctor.

DIABETES

- Eat regularly (3-4 times per day). If you don't feel like eating a regular meal, try to have a bowl of some vegetable every 2 hours.
- Include pulses and sprouts in your meals.
- Eat fruits and vegetables.
- Avoid eating sweets (chocolates, jalebis, Sweetened juices, etc).



HIGH BLOOD PRESSURE

- Limit the amount of salt in your food.
- Avoid eating snacks like salted peanuts, chips, dried fish, pickles etc.
- Keep a healthy weight.
- Limit your alcohol intake.



**For more information
about this program speak
to your DIL Counsellor
or PHC doctor.**

**You can also
call this number:
0837 899 26 86
(DIL Counsellor)**

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Helping Elders Help Themselves...

General Brochure



Photo source: www.handsandheart.ca

CHALLENGES IN OLD AGE

Life during old age can be a time of relaxation. You can do things that you didn't have time to do earlier. Many elderly find joy in activities like playing with grandchildren, meeting friends and relatives, etc.



However, problems are a part of every stage in life and many elderly face common problems like sleep disturbances and poor health. Gaining a sense of control over your problems will reduce your chances of getting stressed.



The DIL program aims to teach elders 3 simple steps to deal with their problems. They are abbreviated as “PSA” for easy recall:

PROBLEM SOLVING



1. Problem: Identify a problem and make it as specific as possible.

2. Solution: Think of all the different options to solve your problem. Consider what someone else might do in your position. After going through the pros and cons of each solution, pick one solution which you would prefer to start with.

3. Action: Think of when you will put your solution into practice. Write down the specific date, time and resources required. Consider asking your family and friends for assistance. Once your action plan is set, run with it!

Examine the result of your action plan after a few days to see if it worked. In case it did not lead you to your goal then choose the next solution option.

HEALTHY SLEEP HABITS

Getting enough sleep is very important to stay healthy. Here are some tips to help you sleep better:

• **Reduce your time awake in bed:** If you cannot fall asleep or



wake up in the middle of the night and aren't feeling sleepy, do not lie in bed. You should get out of bed, try some relaxing activity like reading a book, newspaper or religious books and then go back to bed only when you feel sleepy.



- **Try to go to bed and wake up at the same time every day.** For example, if you sleep at 10:00 in the night and wake up at 6:00 in the morning; try to keep to the same timing every day.
- Avoid napping for more than 30 minutes during the day. Nap only between 1 and 4 p.m.
- Avoid having tea/coffee closer to bed time if you have sleep difficulties. Drink a glass of warm milk before going to bed instead.
- Avoid drinking alcohol.
- Have a warm water bath before going to bed in order to relax.

MANAGING SICKNESS & PAIN

Diabetes, blood pressure, knee pain, etc. might make you stop doing things that make you happy. Managing your sickness and pain will help you continue doing those things. Here are some tips to manage your sickness & pain:

- Visit the doctor as soon as you notice signs of giddiness, blurry vision, chest pain, swelling of feet, continuous cough or uneasiness.
- Take your medication as advised by your doctor.
- Maintain a healthy diet.
- Make sure you sleep well.
- Exercise as per your doctor's advice.