

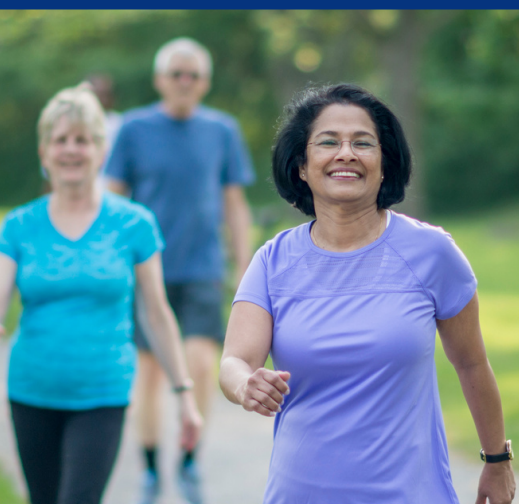
STAY AHEAD OF THE CURVE



Do you feel that you would benefit from a **FREE** health and wellbeing review from the comfort of your own home?



- Have you noted a decline in your appetite?
- Can you be unsteady on your feet at times?
- Are you easily tired?
- Do you feel lonely or isolated?
- Have you noticed any difficulties attending to your usual tasks?
- Has moving around your home become more of an effort?



As we age it may feel like our bodies are slowing down. Often this is accepted as normal part of the aging process.

However, we can make a difference to how we age, and getting older does not have to mean losing your independence.

We are here to help.

As an Occupational Therapy Team we understand how to support people to manage healthy ageing. With our help, you can make a difference to how you age well.

Please get in touch if you would like to have a chat with one of our team to see if we can help support you to live your life in a way that is important to you, a life as independent as possible.

Contact us today!

 **01292 665699**

 **aa.clinicalstayingaheadofthecurve@aapct.scot.nhs.uk**

Stay ahead of the curve with the LifeCurve App:

