



NSW  
Fall Prevention  
& Healthy Ageing  
Network

APRIL FALLS DAY®



## Safe Activity for Everybody.

### KEEP IN TOUCH, STAY CONNECTED

Staying connected to your family, friends and community is an important part of keeping healthy and remaining independent, especially if you live alone.

**For further support & advice visit:**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.volunteering.nsw.gov.au](http://www.volunteering.nsw.gov.au)



#### Tips for staying connected:

- Talk or meet with friends, family or neighbours
- It's okay to ask for help if you need it, and to accept help if it is offered
- Get help with technology to stay in touch
- Get involved by volunteering within your local community
- Get in touch with your local council for upcoming events