

# Years Ahead

## Lifestyle Series



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The *Years Ahead – Lifestyle Series* consists of two 45 minute presentations that provide advice in key areas that become increasingly important as we age. The presentations are available free of charge to organised groups of older people throughout Victoria. Groups can book one or both of the following presentations in the *Lifestyle Series*:

### Personal and Home Safety

We can all take action to maximise our safety in different situations. This presentation discusses some simple tips to help keep yourself, your vehicle and home safe. It also covers how to prepare for an emergency and how to prevent falls in the home.



The *Personal and Home Safety* presentation covers the following topics:

- Personal safety
- Vehicle security
- Home security
- Home emergencies
- Falls in the home

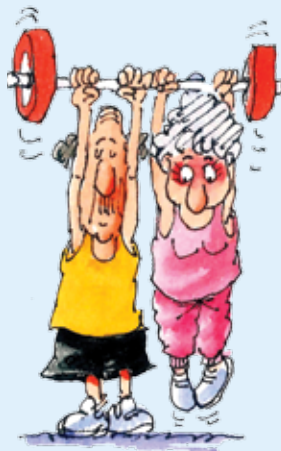
## Healthy Ageing and Staying Connected

Victoria, like the rest of Australia, has an ageing population. Maintaining our health will ensure we enjoy long and good quality lives, as well as helping prevent disease and functional decline. This presentation provides information and advice to people about improving their health, as well as how people can stay connected with family, friends and the community. The presentation also discusses some common scams that target older people and how these can be avoided.



*The Healthy Ageing and Staying Connected presentation covers the following topics:*

- The ageing population
- Healthy ageing
- Keeping active
- Ageing and getting around
- Alternative transport
- Internet use
- Scams



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Book a Years Ahead Lifestyle Series presentation:

[racv.com.au/yearsahead](http://racv.com.au/yearsahead)

(03) 9790 2915



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