How to keep your body healthy as you get older

About Easy Read

Easier words with pictures to help explain some ideas.

Keep healthy as you get older

An older woman talking to a nurse. They are smiling.

This guide is about how you can keep healthy as you get older.

This guide is for people with Down syndrome.

The guide says you should:

- stay active
- eat healthy food

You should:

- visit your **doctor** every year
- see your doctor any time your health changes.

The guide explains how your health can change when you are old.

It also lists health checks you can have.

This information is not health advice.

This Easy Read guide has ideas about how you can keep your body healthy as you get older. The guide is for people with Down syndrome.

The guide says that you should:

- stay active
- eat healthy food
- visit your doctor every year
- see your doctor whenever your health changes.

The guide also explains how your health can change when you are old. It says you might notice changes to your eyesight, hearing, teeth and brain. For example, it might be harder to remember things.

You should have vaccinations and health checks to make sure your health stays good.

Health checks you should get

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The guide says what health checks you should get, like:

- eye tests
- hearing checks
- healthy brain checks
- going to the dentist so that they can check your teeth
- blood pressure checks from your GP
- cancer checks, like having a mammogram to check for breast cancer
- thyroid checks.

You should pay attention to how your body feels. If something changes you should talk to your doctor. For example, tell your doctor if part of your body starts to feel stiff or sore.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Down Syndrome Australia

Down Syndrome Australia is made up of State and Territory associations. These groups provide support, information and resources to people with Down syndrome and their families across Australia.

- Visit website