



When a car get older parts of the car can get worn out. The driver takes extra care to look after their car so that the car keeps working and doesn't break down. They don't stop driving the car just because it gets old!! Instead the driver looks after the car even better.

We must learn to treat our bodies with the same care as we get older.

Changing Gears is an on-line educational resource about what happens when you are getting older or when people you know are getting older.



An Roinn Coimisce Sóisialaí
Department of Social Protection



This resource provides information on:

- How Getting Older Affects Your Body
- Tips On How To Adjust To These Changes
- Tips On How To Care For Your Body And Mind
- What Social Welfare Entitlements Options You Have
- Where To Get Further Information



CHANGING GEARS

LOOKING AFTER YOURSELF
AS YOU GET OLDER



CHANGING GEARS

Developed by
St Michael's House
Registered Charity Number (RCN): 20008932

The resource is intended for the use of carers, family members, health & social care professionals and service users within St Michael's House.

The resource can be used to prompt conversation and learning with the people who we are supporting as and when issues arise. It can be used to help set and review My Life Goals or Cosan Goals or be incorporated in devising Support Plans.

Where to find the resource: WWW.SMH.IE (TBC)

When will it be available: October 2023

Any questions or queries please contact niamh.quinn@smh.ie

The resource has been developed by St Michael's House Multi-Disciplinary Team consisting of the following disciplines: dietician, integrated care nurse, nurses, occupational therapist, physiotherapist, psychologist, social care worker, social worker and speech & language therapist.