Live Longer Better
HAMPSHIRE



"If you don't **use** it, you **lose** it, so let me try myself and I can **maintain some independence.**"

**By doing things with, rather than for somebody,** you're supporting them to maintain their independence and to continue doing the things they can do for themselves.

Find practical advice and resources that can help people stay independent for longer at **hants.gov.uk/livelongerbetter**

Hampshire County Council

Energise Me