Live Longer Better
HAMPSHIRE



"The **more** people can do for **themselves** and **keep moving**, the better their mobility will be. Doing **too much** for people is **not always** the right thing to do."

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