

# Environmental Wellness and Coronavirus

Physical distancing prevents the spread of Coronavirus. As a result, we find we are spending more time in our homes and residences. As our surroundings can greatly impact how we feel and function, it is vital that we take the time to make sure our environment is as optimal as possible.

## Modifying your home

Does your home need modifying to help you:

- Prepare your own meals?
- Move more easily around the house?
- Safely shower or go to the toilet?

The Home Modification Service Directory is a great one-stop-shop that provides information about services in your area. Visit [homemods.info](http://homemods.info)

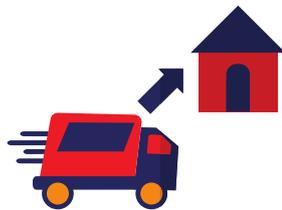
## Carers and Providers

Carers and providers of aged care can take steps to protect older people from Coronavirus.

**Professor Catherine Bridge**, researcher at the UNSW Ageing Futures Institute, has shared the following factsheet to make others more aware of these issues. Access this factsheet at [homemods.info/resources/hminfo-research-publications/industry/covid-19](http://homemods.info/resources/hminfo-research-publications/industry/covid-19)

## Shopping from home

Many supermarkets, greengrocers, butchers, shops and restaurants are providing online or telephone ordering and delivery.



Most places offer contactless delivery, an extra step to keep you and your home virus-free.

## What to buy

During these times, it is important to have the following household supplies:

- Medicines/ prescription medication
- Disposable or dishwashing gloves
- Toilet paper and tissues
- Toothpaste
- Hand soap and hand sanitiser
- Dishwashing liquid

## Connect with nature

Being around nature is positive for health and wellbeing. Below are some top tips to keep you connected to nature during physical distancing.

- Indoor plants are a great way to create a more green and relaxing living space
- Open your windows to get some fresh air
- Make it a habit to get some sunshine by spending time outside

## Safe transport around your community

If leaving home is essential, make sure you are using transport safely. Tips from researcher **Associate Professor Soufiane Boufous** are:

- Avoid **public transport** but if you must use it, travel outside peak hours to avoid crowds
- Follow existing rules of physical distancing when **walking**
- Pay extra attention to the higher number of cyclists and walkers when **driving**

## More information

The following are trustworthy sources of information to improve your Environmental Wellness:

- **Australian Housing and Urban Research Institute** have a list of resources that impact housing, homelessness and cities. Go to [ahuri.edu.au/news-and-media/covid-19/covid-19-resources](http://ahuri.edu.au/news-and-media/covid-19/covid-19-resources)
- **MyAgedCare** provide services for older people, like help with daily tasks around the house or the delivery of meals. Find a provider at [myagedcare.gov.au/find-a-provider](http://myagedcare.gov.au/find-a-provider) or call 1800 200 422
- Contact your **local council** ([www.lgam.info/list-of-australian-councils](http://www.lgam.info/list-of-australian-councils)) or your state or territory **Council on the Ageing (COTA)** office ([cota.org.au/get-involved/visit-stateor-territory-cota](http://cota.org.au/get-involved/visit-stateor-territory-cota)) to find out what your city or community is doing to become more age-friendly

**Source** • Website: [research.unsw.edu.au/ageingfutures](http://research.unsw.edu.au/ageingfutures)  
• Email: [ageingfutures@unsw.edu.au](mailto:ageingfutures@unsw.edu.au)



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