Helping Older People Stay Safe and Independent at Home

Monday 23 February, 2026

Age Concern Hampshire's Help at Home Service continues to provide vital practical support and companionship to older people across the county, helping them stay safe, independent, and connected in their own homes. By assisting with everyday household tasks such as cleaning, shopping, meal preparation, and light domestic chores, the service helps reduce the risks that can arise when these activities become more physically demanding.

As people get older, routine chores like bending to clean, carrying shopping bags, reaching high shelves, or moving around cluttered spaces can significantly increase the risk of slips, trips, and falls. Research shows that one in three people aged 65 and over experiences a fall each year, rising to almost half of people aged 80 and over. Many of these falls happen in the home while carrying out everyday tasks and are a leading cause of injury, hospital admission, and loss of independence among older people.

Without support, older people may feel pressure to push themselves to complete chores they are no longer physically comfortable doing, increasing fatigue, isolation, and the likelihood of accidents. Regular visits from a trusted helper not only ensure tasks are completed safely but also provide companionship, reassurance, and social connection, which are essential for maintaining confidence and wellbeing.

"Even simple tasks like shopping, cleaning, or preparing meals can increase the risk of falls as people get older," said Hannah Park, Head of Operations. "Our Help at Home Service provides reliable practical support alongside friendly companionship, helping people feel safe, confident, and supported in their own homes."

Age Concern Hampshire operates the Help at Home Service across the county, arranging visits to suit individual needs. To find out more visit: https://www.ageconcernhampshire.org.uk/our-services-hampshire/help-at-home/ or call 01962 868545.

Editor's Notes:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. *Its mission is to help people 'Age well and Live well'.*

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