

The Challenges and Strategies of Living Alone with Osteoporosis

Osteoporosis often has no warning signs until a fracture happens, which is why it's sometimes called "the silent disease." Over 1.2 million Australians live with it. Living alone with osteoporosis doesn't have to mean sacrificing your independence, this guide covers your risk factors and practical strategies to manage it safely.



Are You at Risk?

- Aged 50 or over
- Family history of osteoporosis or fractures
- Previous bone fracture from a minor fall or knock
- Early menopause, or long-term low oestrogen/testosterone
- Long-term use of corticosteroid medication
- Smoking, or more than 2 standard drinks a day
- Low body weight or a history of restrictive eating

If any of these apply to you, it's worth discussing a bone density scan (DEXA) with your GP.

1 Creating a Safe Home Environment

When living alone with osteoporosis, taking proactive steps to reduce the risk of falls and fractures matters for maintaining independence.

Remove hazards - keep walkways clear of clutter, secure loose rugs, and tuck away cords and wires.

Install grab bars and handrails - in bathrooms near toilets and showers, and on both sides of staircases.

Improve lighting - ensure hallways and bathrooms are well-lit, including nightlights, to prevent trips in the dark.

Use non-slip mats - in bathrooms and kitchens, where floors are most likely to get wet.

Rearrange frequently used items - keep them at easy-to-reach heights to avoid climbing or bending.

2 Maintaining Bone Health Through Diet and Exercise

Calcium and vitamin D - eat calcium-rich foods like dairy and leafy greens, and get enough vitamin D from sunlight or supplements.

Regular weight-bearing exercise - walking or resistance training helps maintain bone density.

Balance and flexibility exercises - Tai Chi or yoga can reduce fall risk and improve stability.

3 Regular Health Check-ups and Medications

Bone density tests - regular DEXA scans track your fracture risk and guide treatment.

Medications - follow your doctor's recommendations on bisphosphonates or hormone therapy.

Manage other conditions - arthritis or diabetes can affect mobility and increase fall risk, so keep these managed too.

4 Building a Support Network

Stay connected - regular contact with family and friends provides emotional support and practical help.

Join a support group - in-person or online, to share experience with others managing osteoporosis.

Use community resources - like home care, meal delivery, or transport services for daily tasks.

Where to Get Support



Healthy Bones Australia
1800 242 141
(Mon-Thu, 9:30am-2pm)

Free national helpline for osteoporosis information and support.

How INS LifeGuard Can Help

INS LifeGuard personal alarms let you live independently, knowing help is just a button press away, with fall detection, emergency response, and a Free Nurse Chat Line whenever you need someone to talk to.

Living alone with osteoporosis doesn't mean losing your independence. With INS LifeGuard's 24/7 monitored personal alarms and nurse-on-call emergency response, help is always within reach, backed by 40+ years of experience.