



**Discover the
upside of ageing**
liveup.org.au





“Growth”
Reaching out
to help
others

Eulalia Martin for
iLA

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About LiveUp



Powered by **iLA**, a national not-for-profit organisation based in Perth, Western Australia



Australian Government

Department of Health and Aged Care

With funding from the
Australian Government
Department of Health and
Aged Care

Where does LiveUp fit?

- Targeted for people in Australia aged 65 years and over and First Nations peoples 50 years and over.
- Increases peoples' health literacy and understanding of healthy ageing.
- Empowers older people to take action and make informed choices about their ageing journey.
- LiveUp is part of a wider behaviour change model.



The LiveUp website



[Home](#)

[Age your way](#) ▼

[Resources](#) ▼

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[Contact](#)

[Search](#) 🔍

Navigating life changes

When life shifts, hearing real stories from those who've been there can make a world of difference, and help you find your way forward.

Choose your life change from this menu ▼



Scroll down for more



Activities search

Start your search

1. What is your suburb?

Start typing your suburb, then click on your location from the suggestions.

Perth WA, Australia

10km radius

2. What are your healthy ageing goals? Optional

Select all that are relevant to you.

<input checked="" type="checkbox"/> Balance	<input type="checkbox"/> Comfort	<input type="checkbox"/> Fitness
<input checked="" type="checkbox"/> Flexibility	<input type="checkbox"/> Maintain my health	<input type="checkbox"/> Memory
<input type="checkbox"/> Mental Health	<input type="checkbox"/> Safety	<input checked="" type="checkbox"/> Social
<input type="checkbox"/> Strength	<input type="checkbox"/> Vision	<input type="checkbox"/> Volunteering

3. See your results!

See what social activities are in your area.

[Search Activities](#)

Filter

[Reset all filters](#)

Location

@What is this?

Perth WA, Australia

10km radius

Goals

@What is this?

Select all that are relevant to you.

- Balance
- Comfort
- Fitness
- Flexibility
- Maintain my health
- Memory
- Mental Health
- Safety
- Social
- Strength
- Vision
- Volunteering

100 Results found

Goals [Balance](#) or [Flexibility](#) or [Social](#) [Clear goals](#)



Malayali Association of Perth

Join the Malayali Association to meet like-minded Indians from Kerala in WA. The group supports the Malayali community through various cultural, recreational, and...

[Read more](#)



Acceptance Perth LGBT Catholics

Acceptance Perth LGBT Catholics is an inclusive community for LGBTQIA+ Catholics. It is a supportive community where you can make good friends. You can...

[Read more](#)



Parkrun WA Volunteering

Volunteer to help at a parkrun near you to enjoy staying active in the outdoors and meeting people in your area. parkrun is a free run, jog, or walk event that takes place...

[Read more](#)



Perth Festival

If you love the arts and want to be involved in a range of exciting events, try volunteering for Perth Festival. Throughout the Festival season (February – March), as...

[Read more](#)



Perth Frontrunners

Perth Frontrunners is a community of LGBTQIA+ allies walkers, runners, and joggers. The group welcomes people of all sexualities, gender identities, ages...



Perth Outdoors Group

Perth Outdoors Group is a diverse group of mature Gays and Lesbians who enjoy a wide range of social activities. Functions are held monthly on weekends in parks, cafés...

Activity details

Charters Towers Warringnu 60 and Better Program

Join your local free '60 and Better' program' for a mix of social and learning activities for people over 60. It's also an ideal program for First Nations People over 50 years of age.

You can enjoy art and craft, movies mornings, scrabble, theatre groups, quizzes, trivia days, and card games. There is computer training to keep you up to date with technology.

They also provide a car service and a weekly shopping bus. This helps you to remain independent, at home and socially active in the community if you don't have transport.

It's a wonderful way to stay connected and meet other older people in your area.

Getting there

Follow the 'Directions' link to Google Maps to plan your travel journey.



[Visit website](#)

Details

[07 4787 4286](tel:0747874286)

[133 Gill Street Charters Towers QLD 4820](#)

[Open in Google Maps](#)

[Download as PDF](#)





Help us discover your community activities

We're always on the lookout for new and exciting ways to bring people together, and we need your help. If you know of a great activity happening in your area, we'd love for you to share it with us. Simply submit your suggestion, and our team will review it for inclusion in our activity database.

[Suggest an activity](#)

A First Nations' perspective on healthy ageing

“After a bushfire, many things sprout. Trees are germinated and come to life after fires, and that conversation of rising from those ashes is important and runs parallel with your life and growing older...

There are many things that come out of it”

Aunty Elly Chatfield, a proud Gamillaroi woman (2022 iLA research project)

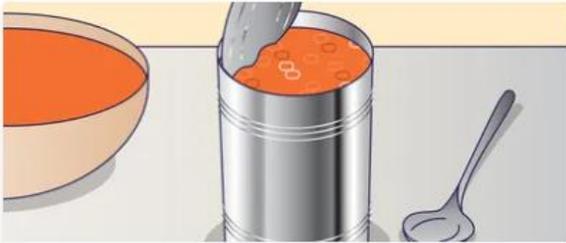


Assistive products

116 Results found

Goals **Fitness** x or **Flexibility** x or **Safety** x or **Strength** x [Clear goals](#)

Sort A-Z ▼



Adaptive can opener

Adaptive can openers come with some extra modifications to make opening cans easier.

Bigger, slip-proof handles and an easy to grip knob make this tool more comfortable...

[Read more](#) ▶

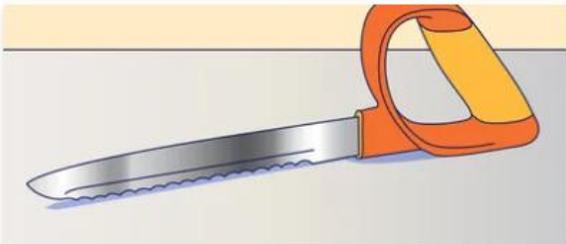


Adaptive chopping board and knife

An adaptive chopping board and knife has specific features that make it easier, safer, and more comfortable to chop up food.

The chopping board often has an adaptation to make keeping the food in one place...

[Read more](#) ▶



Adaptive chopping knife

An adaptive chopping knife has adaptations that make it much easier and safer to chop food.

A lightweight, ergonomic handle, non-slip grip, and a sharp blade mean it's easier to...

[Read more](#) ▶



Adaptive crochet needles

Adaptive crochet needles have a soft grip and tend to be slightly larger than normal to make them easier to hold.

Most brands have a silicon handle or similar that makes the needles less slippery an...

[Read more](#) ▶

Filter

Reset all filters

Goals

What is this?

Select all that are relevant to you.

- Balance
- Comfort
- Fitness
- Flexibility
- Maintain my health
- Memory
- Mental Health
- Safety
- Strength
- Vision

Body Mobility

What is this?

Choose one of the options below that describes your current physical condition.

- Show All
- Low Mobility
- Reduced Mobility
- Average Mobility and Above

Needs

What is this?

Select as many topics as you like from the below categories to narrow down your results.

Participation

- Active Participation
- Passive Participation

Cost

- Free-Low Cost
- Mid-High Cost

Where

- Around the House
- Bathroom
- Bedroom
- Kitchen
- Laundry
- Lounge
- Out and About
- Outside the House

Everyday tools to help Mob guide


Everyday tools buying guide

This leaflet will help you find the tools you need*
You can purchase these tools from local stores or online.

Tick the tool you are interested in purchasing. Use it to guide your search, or take it to a loved one or local healthcare provider for their support.

Kitchen tools	Cost	Selection
Electric can opener	\$30 - \$80	<input type="checkbox"/>
Two-handed mug	\$20 - \$40	<input type="checkbox"/>
Tablet and book stand	\$20 - \$40	<input type="checkbox"/>
Scraper and chopper	\$10 - \$30	<input type="checkbox"/>
Kettle tipper	\$70 - \$140	<input type="checkbox"/>
Anti-fatigue mat	\$30 - \$70	<input type="checkbox"/>
Built-up cutlery	\$20 - \$50	<input type="checkbox"/>

Living area tools	Cost	Selection
Furniture risers	\$20 - \$50	<input type="checkbox"/>
Plug pull	\$25 - \$35	<input type="checkbox"/>
Soft pen and pencil grips	\$5 - \$20	<input type="checkbox"/>
Night light	\$15 - \$30	<input type="checkbox"/>
Easy grip scissors	\$15 - \$30	<input type="checkbox"/>
Pre-threaded needles	Less than \$5	<input type="checkbox"/>

Bedroom tools	Cost	Selection
Portable lap table	\$20 - \$40	<input type="checkbox"/>
Glow touch table lamp	\$15 - \$70	<input type="checkbox"/>
Back rest pillow	\$50 - \$90	<input type="checkbox"/>
Button hook and zip puller	\$15 - \$40	<input type="checkbox"/>
Long-handled shoehorn	\$15 - \$30	<input type="checkbox"/>
Stretch shoelaces	\$10 - \$20	<input type="checkbox"/>
Long-handled hair comb and brush	\$30 - \$40	<input type="checkbox"/>

Outdoor tools	Cost	Selection
Car handybar	\$50 - \$70	<input type="checkbox"/>
Seatbelt reacher	\$20 - \$40	<input type="checkbox"/>
Key turner (3 pack)	\$20 - \$30	<input type="checkbox"/>
Portable trolley	\$30 - \$50	<input type="checkbox"/>
Easy grip gardening tools	\$30 - \$70	<input type="checkbox"/>
Foldable seat and kneeler	\$35 - \$50	<input type="checkbox"/>

Find out more at liveup.org.au or call for free on 1800 951 971.
*LiveUp is powered by a not-for-profit, so does not make any money from these product suggestions.



Everyday tools to help Mob Guide

liveup.org.au



Healthy ageing yarns



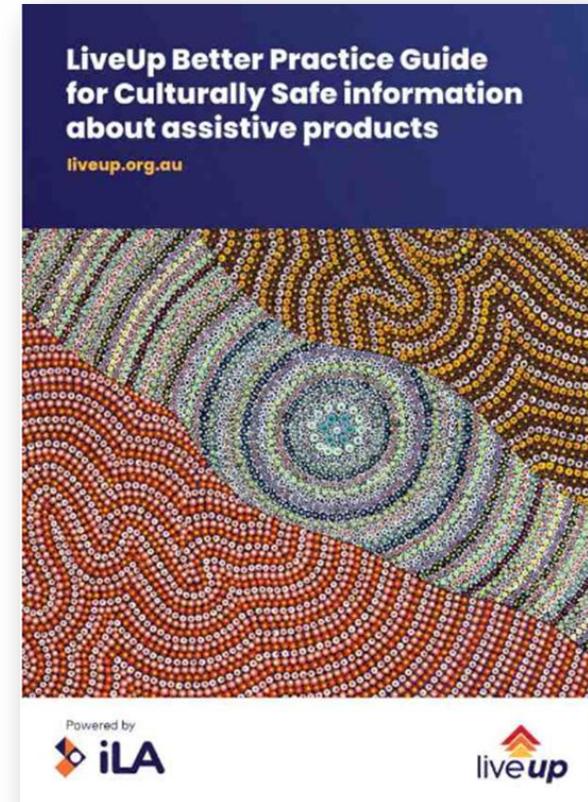
Made by, with and for Mob

Making Choices, Finding Solutions



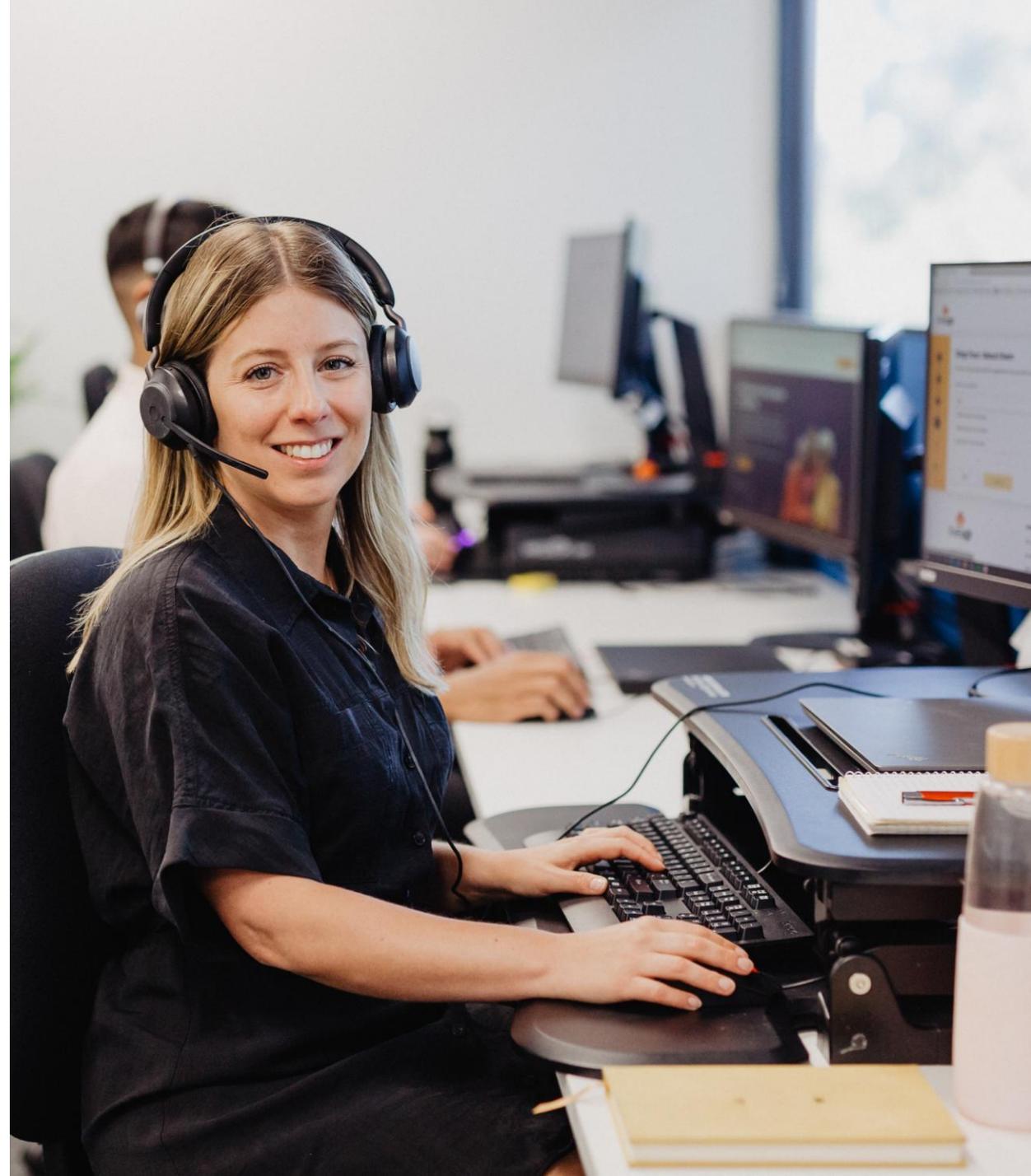
Modern Tiwi, Noongar, Plain English,
Pitjantjatjara, Yumplatok

Better Practice Guide for Culturally Safe Information about AT



Navigators

- > Speak one-on-one with trained LiveUp navigators about healthy ageing options
- > Free call number anywhere in Australia on 1800 951 971
- > Schedule check-ins
- > e-Referrals



Healthy Ageing Map



1. Habits and goal setting

Find helpful tips and set small achievable goals



3. Helpful products for everyday

Find products that can assist with everyday tasks



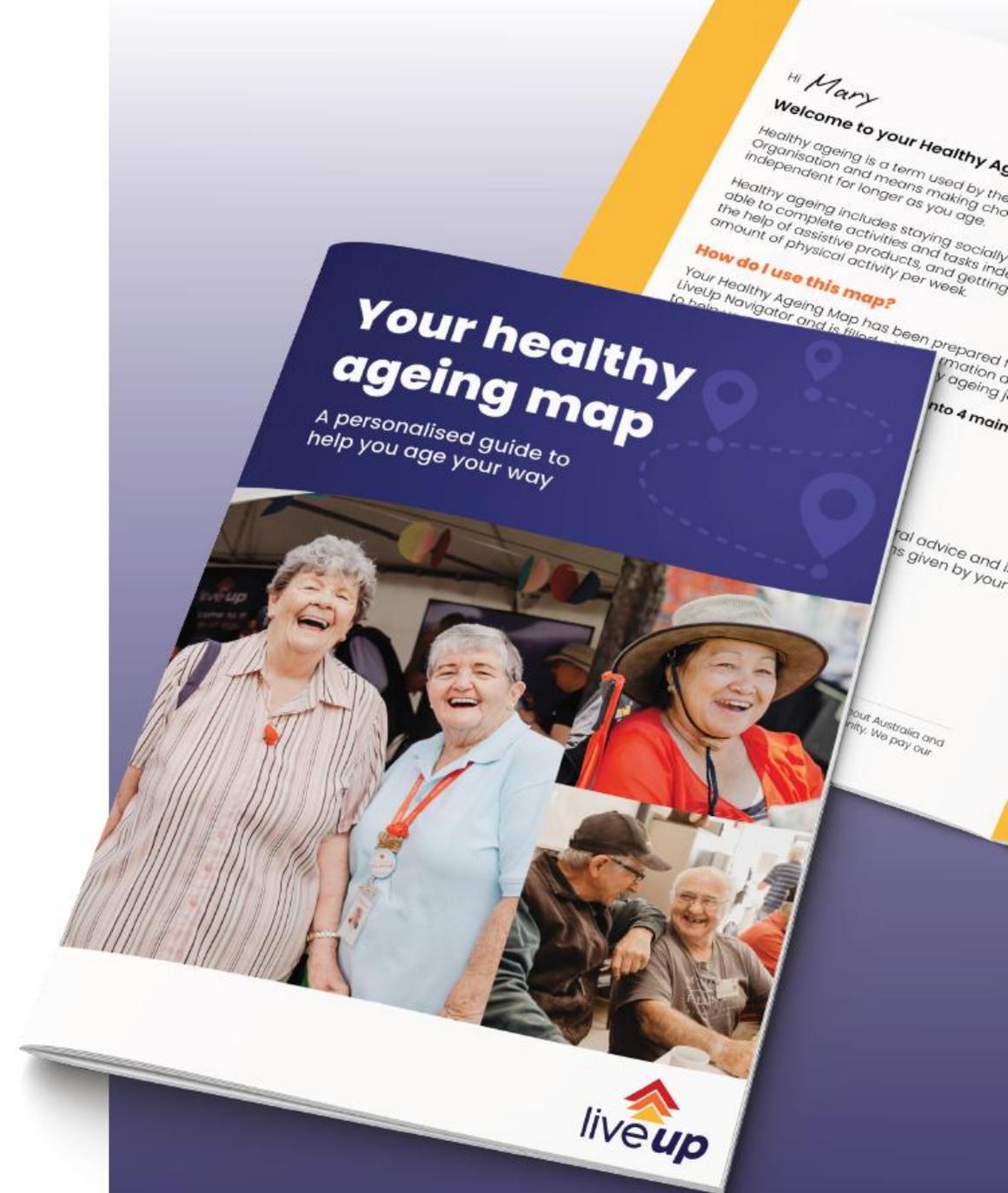
2. Groups and activities near you

Find local activities based on your hobbies and interests



4. Helpful resources

Find information on a variety of healthy ageing topics





First Nation Resources

https://www.youtube.com/watch?v=zK3fWkpQD6s&t=9s&ab_channel=LiveUp

YouTube



Healthy Ageing with Lorraine and Marjorie

LiveUp
583 views · 10 months ago

Open



Relevance to you

- > A resource for staff working with older people, and family members or carers of older people.
- > Helps to increase social and recreational participation of older people in the community.
- > Increases your clients' understanding of their ageing journey.
- > Improves your clients' health literacy.





liveup

liveup.org.au



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1800 951 971



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