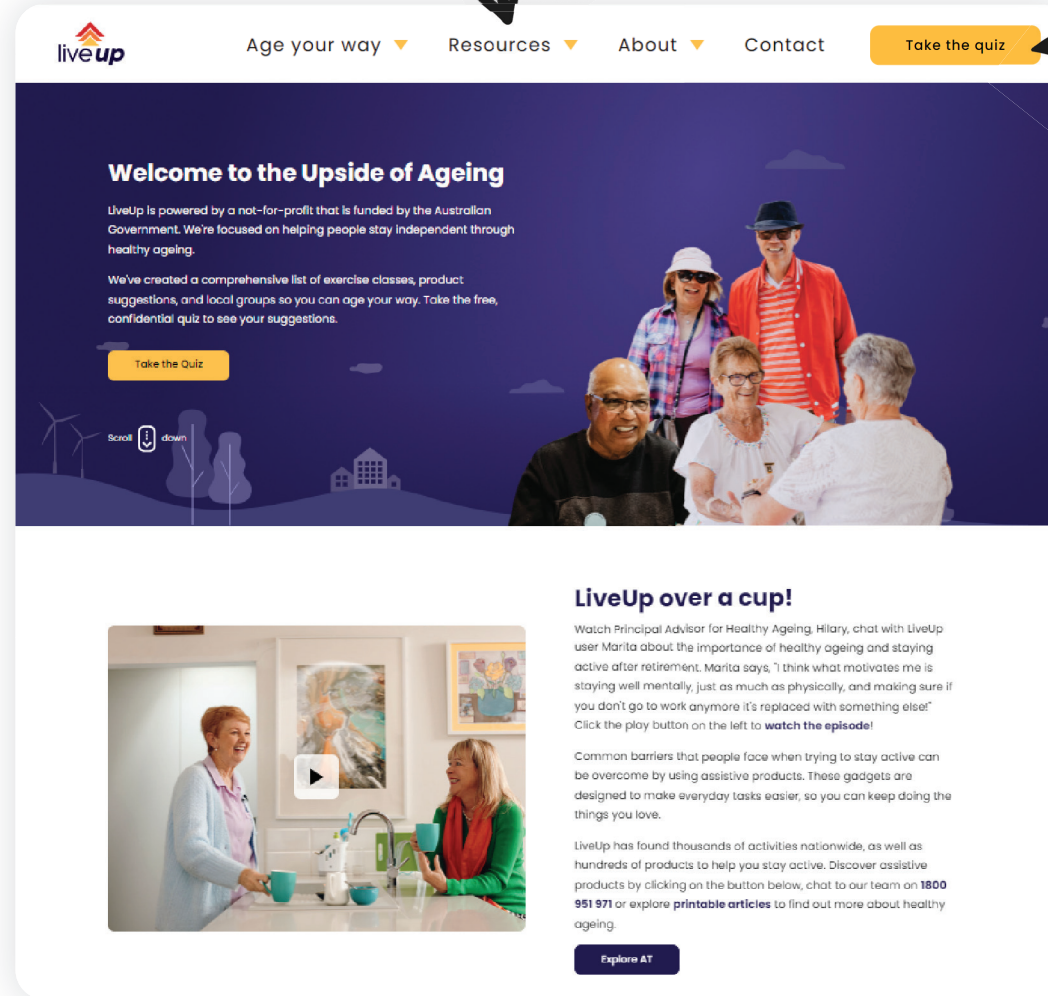



Welcome to the LiveUp homepage

To find our website, type **liveup.org.au** into your internet browser and **press enter**.

Drop-down menus at the top of the page help you find key topics like healthy ageing, strength and exercise activities, and assistive products.



For personalised healthy ageing suggestions, take the quick quiz by **clicking on the yellow button**.

 **Scroll down the homepage** to find quick explainers, instructions, and links to information on how to stay independent for longer.



Taking the quiz

Answer these quick, easy questions to get personalised advice about assistive products and tailored suggestions for activities in your local area or online.

Step One: Your details

Who have you come here for today?

Myself My friend or family member My client or patient Someone else

Please enter your name (optional)

Back Continue

You'll be shown a series of easy questions. **Click on your answer, then click continue for the next question.**

Understanding your results

Your results will show on a summary dashboard. Click through the tabs at the top for your healthy ageing suggestions.

Your results! [Re-take the quiz](#)

Summary Dashboard overview **Activities** Stay active and connected **Products** Assistive technologies **Tailored suggestions** Talk to the LiveUp team!

Hi

You're doing well in staying independent! If finding the motivation to get out and about is a challenge, make it fun or social! Start slowly and build up.

Explore ideas that help you continue to do the things you enjoy. You'll find your suggestions in the boxes below or by clicking through the tabs above.

Choose exercise classes and social groups in the Activities section to help you stay active. Browse products to help you with everyday tasks in the Products section.

If you'd like to discuss your options, call our trained team on [1800 951 971](tel:1800951971).

Activities See activities near you that will help you stay active and connected

Products Browse and view a list of Assistive Technologies that will help in and outside your home.

Results are split into activities and products so that you can view the suggestions that most interest you.

Need help?

If you'd like help finding your way around the website, **call our friendly team for free on 1800 951 971 Monday - Friday between 9am-5pm AEST.**

