A colorful logo with arrows

Description automatically generatedStay independent with LiveUp

Staying independent and remaining at home is an important goal for many older people. In fact, research has found that many older people fear losing their independence more than death. But did you know that using assistive products can help you maintain and even regain control over how you live your life? There are so many products out there that could help you.

Roughly half of the common barriers older people face when tackling daily activities can be addressed by finding and using assistive products, many of which are available from well-known retailers and reliable online stores like Kmart and Bunnings.

What is an assistive product?

As assistive product is anything that can help you maintain or improve your independence. You can find assistive products for every area of the home, as well as products that help you get out and about.

However, tired ideas and social stigmas about using assistive products have meant that useful products have often been hard to find.

Funded by the Department of Health and Aged Care, LiveUp has been developed to help older people in Australia find the information and resources they need to take control of their ageing journey, including finding and using assistive products.

LiveUp is packed with low-cost assistive product suggestions from trusted Australian retailers to help you keep doing the things you love or try something new.

On the LiveUp website people can take a free and confidential quiz which will provide a curated list of low-cost assistive product suggestions. Alternatively, people can explore LiveUp’s comprehensive assistive product list to find something that’s right for them.

These product suggestions can be clicked on and purchased directly from the supplier. LiveUp is powered by a not-for-profit and does not make any money from any assistive product suggestions listed on the website.

If you’re ready to take control of your healthy ageing journey and explore assistive products to help you maintain or improve your independence, visit <liveup.org.au>

If you prefer to speak to someone over the phone, LiveUp’s friendly Navigation team can help you find products tailored to you for free on 1800 951 971.

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