It’s time to LiveUp

There are many myths and stereotypes when it comes to getting older, but it’s proven that how we age is mostly determined by the lifestyle choices we make each day.

LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay independent and socially connected as you get older.

The LiveUp website is packed with impartial information and resources, helpful product suggestions, and local activities and groups to help you take control of how you’re ageing.

Hilary O’Connell is LiveUp’s Principal Healthy Ageing Advisor. She says it’s never too late or too early to start shaping how we age. “One of the best things you can do is just keep having a go at things. Staying engaged with life, socialising, and learning new skills all help to maintain your wellbeing” says Ms O’Connell.

If you prefer to speak to someone over the phone, LiveUp offers a free personalised Navigation service to help you understand and explore your healthy ageing options.

Whether you need a little guidance, want to talk to someone about your next steps, or need a healthy ageing map to follow, LiveUp’s friendly Navigation team can help. This service is free and confidential. Contact a Navigator on 1800 951 971 or support@liveup.org.au.

If you’re ready to throw out tired stereotypes about ageing, try new interests, or take up some old ones, LiveUp can help you get started. Learn what you can do when you LiveUp at [liveup.org.au](http://www.liveup.org.au)

(250 words)

