

5 simple ways to age well

with Hilary O'Connell

Hilary O'Connell is an occupational therapist with over 40 years of expertise in helping people age well.



1

Start small: It's never too early or too late to begin your healthy ageing journey. Start by taking small steps and gradually build on your progress.

2

Exercise your brain and learn something new: There's no end to what you can learn. Challenge your mind with a new hobby, skill, or interest.

3

Connect with like-minded people: Join a club or group. There's one for almost anything you can think of.

4

Movement is medicine: Do more movement than you did yesterday. Gradually increase your physical activity each day, even if it's just a little more than the day before.

5

Sort out your sleep: Our brains self-clean and repair while we sleep. It's important to get 7 to 8 hours of sleep each night.

LiveUp is a free online healthy ageing guide designed to help you stay independent and socially connected.

LiveUp is packed with impartial expert advice, assistive product suggestions, and community connections to help you take control of your ageing journey.

Find out what you can do when you
LiveUp at liveup.org.au

“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.”

— Hilary O’Connell



LiveUp also offers a free and confidential Navigation service to help you explore your healthy ageing options. Contact a Navigator today on **1800 951 971** or support@liveup.org.au



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