



**Everyday tools  
to help Mob**



# Resource pack

**Included in this pack are resources to help you engage First Nations peoples and communities about low-risk assistive products, or tools, through LiveUp.**

## **This pack includes**

- Everyday tools to help Mob Guide
- Buying Guide
- Informational video
- Posters
- Postcard
- Brochure
- Healthy ageing video yarns
- In-language Making Choices, Finding Solutions Guide.





# Acknowledgement

**We pay our respects to all Aboriginal and Torres Strait Islander peoples and communities across Australia, and their Elders past and present.**

**We are committed to walking together to develop culturally safe information and initiatives that enable people to make informed choices and connections, and support strong, self-determining communities.**

iLA is committed to working with Aboriginal and Torres Strait Islander organisations and their communities to ensure that everyone living in Australia has the information and support they need to make informed choices and live well.

We're thankful for the opportunity to build these tailored resources in partnership with Little Rocket, VACCHO, VAHS, and the Elder Working Group. The knowledge and insights they shared during this process has been invaluable. We hope the resources will benefit First Nations people, and further support their self-determination.

**Andrea Morris**  
*General Manager at iLA*

We hope the Everyday Tools to Help Mob Guide and resources will be used by community-controlled organisations, Elders and their families to promote easy, healthy ageing journeys for all.

**Victorian Aboriginal Health Service**



# About LiveUp

**LiveUp is a healthy ageing initiative that gives free information and advice about health and wellbeing.**

LiveUp is run by the not-for-profit iLA and funded by the Australian Department of Health and Aged Care.

## **LiveUp consists of**

- [Website](https://liveup.org.au): free online information hub
- Navigator service: free phone service
- Community engagement team: staff available to support your work





# About these resources

These resources were made by LiveUp in partnership with Little Rocket, Victorian Aboriginal Health Service, Victorian Aboriginal Community Controlled Health Organisation, and an Elder working group.

With special thanks to:

Janice Bakes—Gunditjmara,  
Lionel Bakes—Palawa,  
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Jackson, Janet Pyke—Yorta  
Yorta.

“

“Different views  
from different  
people make  
a team”

– Lionel Bakes





# About the artwork

## “Walking Hand in Hand”

Matty Atkinson-*Bangerang* and *Wiradjuri*

In the bottom left corner, you can see Elders shrouded in blue, walking together towards a gathering place representing the heart of the community.

We see two guiding hands on either side of this journey – one hand represents the Elders, and the other embodies the helping hand of assistive products that can support the health and independence of Elders as they walk on their journey.

Country and traditional ways surround this journey. Along the bottom we see Country depicted in red, symbolising the land and its deep, enduring connection to its people. At the top we see traditional ways and knowledge, passed down through generations, guiding the Elders as they navigate their journey.





# Everyday tools to help Mob Guide

Please find the digital & print ready guide [here](#).





# Buying guide

Please find the A4 buying guide download [here](#).



## 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 - \$60	<input type="checkbox"/>
Two-handled 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](https://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.



# Informational video

Please find the informational video download [here](#).





# Posters

Please find the A4 & A3 poster download [here](#).



**What makes you feel strong and connected?** 

Get your copy of LiveUp's Everyday tools to help Mob Guide to help make everyday tasks easier.

These simple tools could be a helping hand to do the things you need or love to do. There are different tools that can be used in the kitchen, bedroom, living area, and outdoors.

Share this guide with your community to keep your spirit strong as you age.



Scan the QR code to download your copy of the guide.

Find out more at [liveup.org.au](#) or call for free on 1800 951 971.



  
**Everyday tools to help Mob Guide**  
Care for yourself and your family

Simple tools can make it easier for you to do tasks on your own and with your family. The tools in this guide will help to strengthen your physical, social, and emotional health.



Scan the QR code to download your copy of the guide.

Find out more at [liveup.org.au](#) or call for free on 1800 951 971.



# Postcard

Please find the postcard download [here](#).



Get your copy of the Everyday tools to help Mob Guide, for information about a range of tools that can help make everyday tasks easier.

Find out more at [liveup.org.au](https://liveup.org.au) or call for free on 1800 951 71.



Scan the QR code to download your copy of the guide.





# Brochure

Please find the brochure download [here](#).





# Additional resources

Please find below video yarns made by, with, and for Mob.

- Healthy ageing with Barbara McGrady  
[Download here](#)
- Healthy ageing with Marjorie Dixon & Lorraine Lester  
[Download here](#)
- Healthy ageing with Guriwal Aboriginal Corporation  
[Download here.](#)





# Making Choices, Finding Solutions

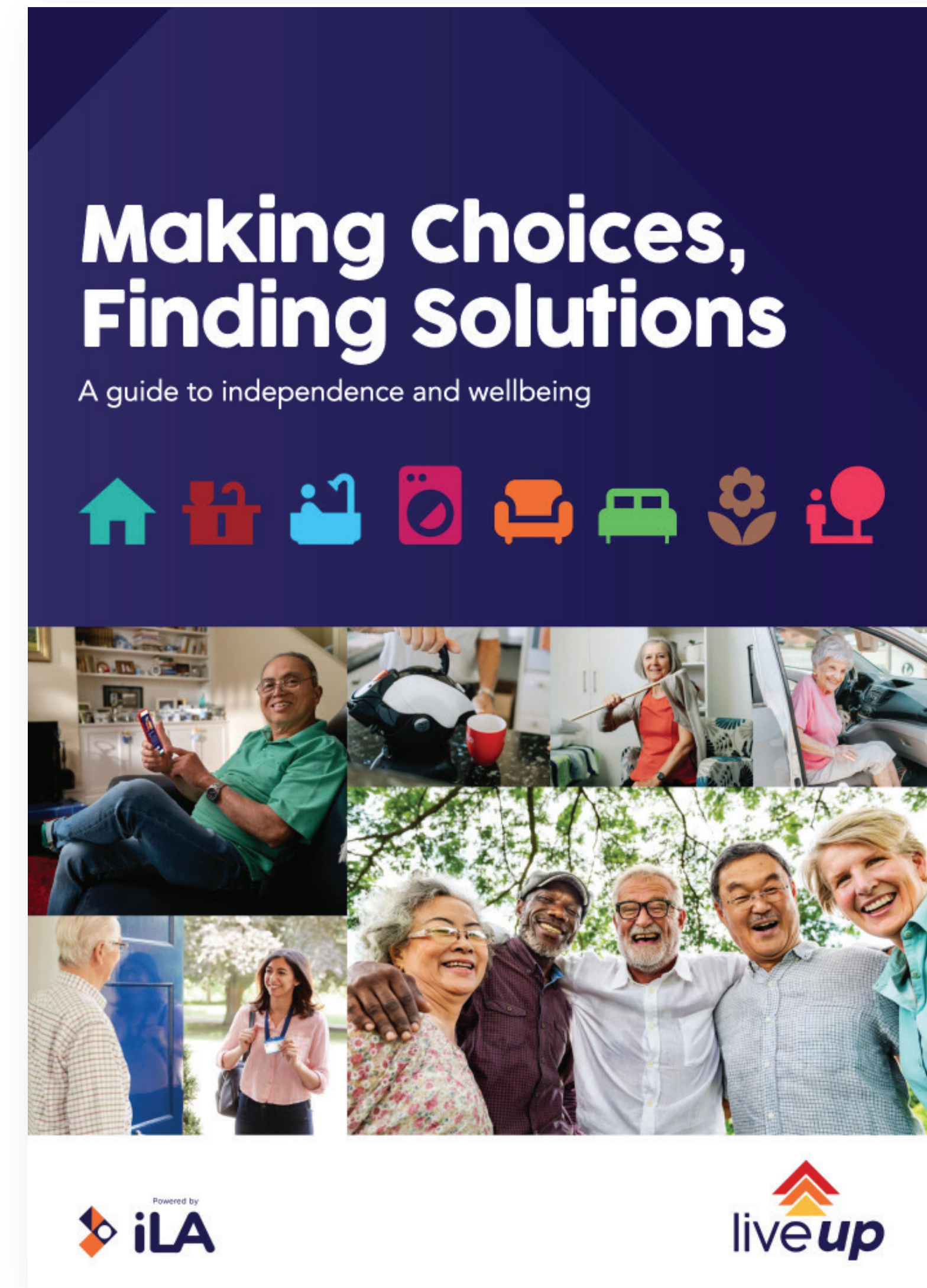
Written by occupational therapists, Making Choices, Finding Solutions is Australia's leading guide designed to help older people regain and maintain their independence.

This is packed with suggestions and advice on low-cost assistive products, basic home modifications, and tips and tricks for when out and about.

This can help guide your conversations with First Nations peoples and communities.

Please find the digital & print ready guide download [here](#).

- Available in**
- English
  - Plain English
  - Modern Tiwi
  - Noongar
  - Pitjantjatjara
  - Yumplatok





# How we can support your work

LiveUp has a team of community engagement professionals, located in different Australian states and territories.

We can support your community Elders with:

- Presentations about LiveUp, low-risk assistive products and other strategies to live well
- Providing online and print resources, like exercise sheets
- Sponsorship, events, and exhibitor booths

Contact the Community Engagement team on [communities@liveup.org.au](mailto:communities@liveup.org.au) or call **1800 951 971**.

We'd love to work alongside you, to understand how we can best support your community Elders to stay strong and connected.



In partnership with Campfire x, Eleanor (L) and Lisa (R) from LiveUp yarn with La Perouse community Elders at Yarra House on Bidjigal Country.



[liveup.org.au](http://liveup.org.au) | 1800 951 971 | @LiveUpAus | [communities@liveup.org.au](mailto:communities@liveup.org.au)

We'd like to acknowledge and thank all those involved  
in developing the materials included in this pack.

*little*  
**ROCKET**

  
**liveup**

