

“After a bushfire, many things sprout. Trees are germinated and come to life after fires, and that conversation of rising from those ashes is important and runs parallel with your life and growing older.

You've finished work, you might not feel important anymore, things may seem burnt to the ground, but there are many things that come out of it.”

Aunty Elly Chatfield,  
a proud Gamillaroi woman

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

LiveUp is a healthy ageing initiative funded by the Australian Department of Health and Aged Care.

**little  
ROCKET**



# Everyday tools to help Mob **Guide**

Keep your spirit strong as you age







# Mob Guide

LiveUp and the Everyday tools to help Mob Guide, give you information about a range of simple tools that can make everyday tasks easier. You can buy these tools from local shops or online. Find out more at [liveup.org.au](http://liveup.org.au) or call 1800 951 921.

Here are some examples of tools that can be a helping hand so you have more energy for the things you love.



## Bedroom

Caring for yourself and others, like doing household chores.

## Kitchen

Quality time with family, like cooking or eating together.

## Living room

Involvement in community life.

## Outdoor

Doing cultural activities, like art and music. Visiting special places, like walks out on Country.



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



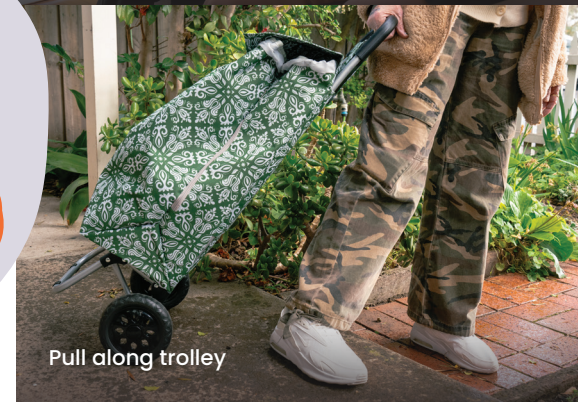
Lap desk tray



Kettle tipper



Two-handled mug



Pull along trolley