

Building healthy ageing in rural & remote Australia



Asset-based and place-based local activation through LiveUp

Supporting the rural workforce by strengthening community capability in healthy ageing



Why it matters

Rural and Remote Challenges:

- Ageing populations
- Workforce shortages
- Limited services
- Social isolation impacting health outcomes – Mental health and wellbeing

The LiveUp Local Activation Model

- ▶ Asset-based – Builds on strengths
- ▶ Place-based – Designed with communities
- ▶ Capacity Building – Sustainable and community-led

Outcomes

- ▲ Confidence and health literacy
- ▲ Social connection
- ▲ Health awareness
- ▲ Local capacity
- ▼ Isolation and risk

Micro-pilots



- Digital Literacy Sessions
- Health Literacy Sessions
- AT Discovery Sessions
- Social Connection Opportunities

Benefits for rural health professionals



- Reduces workload
- Early intervention
- Enhances self-management
- Referral pathways
- Stronger communities

Key learnings



- Start small – build trust
- Engage local champions
- Hands-on works best
- Co-design supports sustainability
- Leverage existing resources

Healthy ageing =

- Physical wellbeing
- Mental wellbeing
- Social connection
- Community participation

Healthy ageing in rural and remote Australia is not built through traditional services alone – it is strengthened through community capability, trusted partnerships and place-based innovation.

For more free healthy ageing tips, visit liveup.org.au or call **1800 951 971**.

