



Age Smart Kirklees – Free online healthy ageing tool

Kirklees Council is working in partnership with ADL Smartcare Limited, a research driven provider of evidence-based information and advice in the field of healthy ageing, to launch a website and smartphone/tablet app aimed at helping the residents of the district understand what they could do to enjoy a healthier old age

Known as Age Smart Kirklees, the web site is a simple and free online tool designed to help people understand how they are ageing. Through a series of questions aimed at identifying difficulties with daily living such as climbing stairs or shopping, Age Smart Kirklees supports people to find solutions and improve their independence at home.

Age Smart Kirklees is accessible either as a web site or as app for smartphone and tablet. It offers a self-assessment tool, general health advice and more tailored guidance for individuals, with the option to sign-up and create their own personal profile. This means that the advice, services, e-marketplaces or self-help sites suggested will be available in the local area and are intended to be relevant to individual requirements. The web site aims to offer a range of possible solutions so that individuals can pick the method that is best for them.

Age Smart Kirklees would be most helpful to those aged 55 and above. The simple visual free online tool can be used on mobile phones and tablet via an app from anywhere or the website. Age Smart Kirklees is designed to work on a wide range of different devices.

For PC, laptop, tablet and mobile internet on your smart phone search for Age Smart Kirklees in your search engine or enter <https://agesmartkirklees.lifecurve.uk/> in your web browser.

To download the app for your smartphone or tablet go to Google Play, the App Store and Amazo.com and download the app; - ADL Lifecurve.



For further information about Age Smart Kirklees, email us:
agesmartkirklees@kirklees.gov.uk

Age Smart Kirklees & Covid-19

During the outbreak, many people that you work with may be struggling to keep active and maintain wellbeing. Age Smart Kirklees contains useful information about staying healthy and well during the outbreak, both physically and mentally. Many of the services, activities and exercises that Age Smart Kirklees recommends may not currently be available or may go against the guidelines to remain indoors. Therefore, the advice has been updated and encourages individuals to stay active during this time as per national Covid-19 guidance inside their own home.

Make Movement your Mission live videos from experts Later Life Training. People might find it difficult to get the usual amount of exercise whilst we are all being asked to stay at home, but it is crucial to keep active during this time.

Many people are maintaining and improving their health and fitness by doing these very simple daily exercise videos at home. Later Life Training (www.laterinlife.co.uk) is currently running 3 sessions a day. Later Life Training provide specialist, evidence based, effective exercise training for health and exercise professionals working with older people, frailer older people and stroke survivors.

Coronavirus and your well-being

Mind for better mental health, has developed useful information to cope with being anxious or worried about the coronavirus and how it can be affecting people at this time. Please do share the links with friends and families or colleagues in your workplace.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Staying well when social distancing

Advice from the Royal College of Occupational Therapists (RCOT) for social distancing. RCOT have created advice to support people who are undertaking social distancing and for families to support their children while schools are closed.

<https://www.rcot.co.uk/staying-well-when-social-distancing>