

Everyday tools to help Mob

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Walking Hand in Hand—Matty Atkinson *Bangerang, Wiradjuri*

This work shows Elders using everyday tools to keep strong and connected. In the bottom left, we see Elders walking together toward a gathering place, the heart of the community. There are two big hands helping them – one is their own full of strength and culture. The other is the 'helping hand' of tools on their journey to health and independence. Country is under their feet, keeping them connected. Traditional ways and knowledge are above, passed down through generations and guiding them forward.

LiveUp is a healthy ageing initiative run by iLA, and funded by the Australian Government. To find out more, visit liveup.org.au.

