



Everyday tools to help Mob

Social Tile Kit

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

Social Post #1

The Everyday tools to help Mob Guide will give you information about simple tools that can make everyday tasks easier.

The tools in this guide are easy to use and can be bought from local shops or online. If you need support, LiveUp can help you find tools that work best for you.

Find out more at liveup.org.au or call for free at 1800 951 971.*

Please note that we have the developed all social tiles in 1080 x 1080 dimensions and the new 1350 x 1080 dimensions for Instagram tiles.

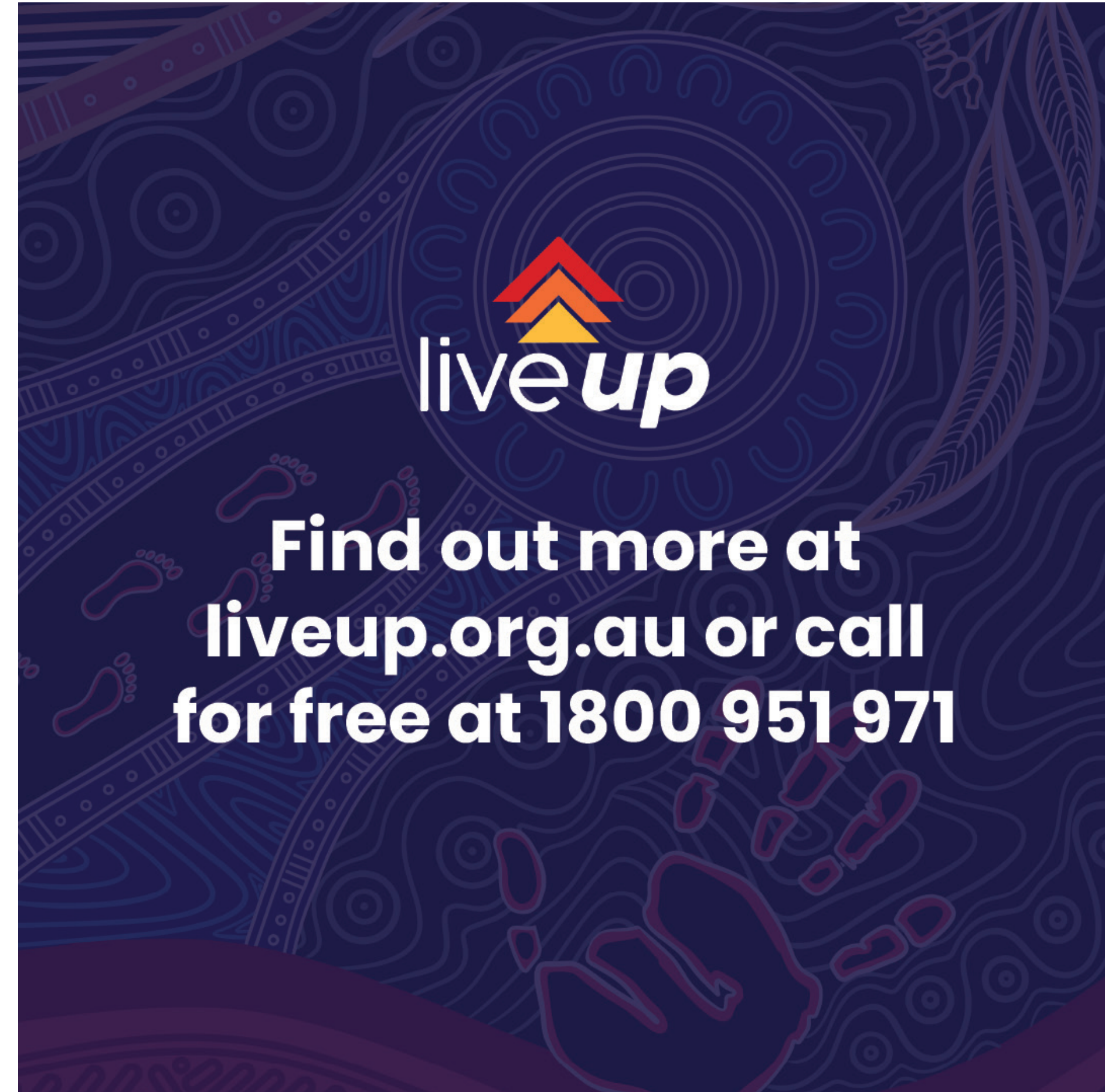


1080 x 1080

Social Post #2

Find out more at liveup.org.au or call for free at 1800 951 971.

* This tile can be placed as an end slide on any of the posts that have a caption with the call to action 'Find out more'.



1080 x 1080

Social Post #3

A helping hand in the kitchen can make it easier to get things done or cook your favourite meal to share with your family or friends.

Find out more at liveup.org.au or call for free at 1800 951 971.*

Please note that pages that have more than one tile have been created as a post that has multiple tiles.



1080 x 1080



1080 x 1080

Social Post #4

Small changes to daily tasks can help you get ready for the day or wind down in a more relaxed way.

Find out more at liveup.org.au or call for free at 1800 951 971.*



1080 x 1080



1080 x 1080

Social Post #5

You can make small changes to make your home more comfortable.

Find out more at liveup.org.au or call for free at 1800 951 971.*



1080 x 1080



1080 x 1080

Social Post #6

There are tools to help you get out and about and stay connected to Country and community.

Find out more at liveup.org.au or call for free at 1800 951 971.*



1080 x 1080



1080 x 1080

Social Post #7

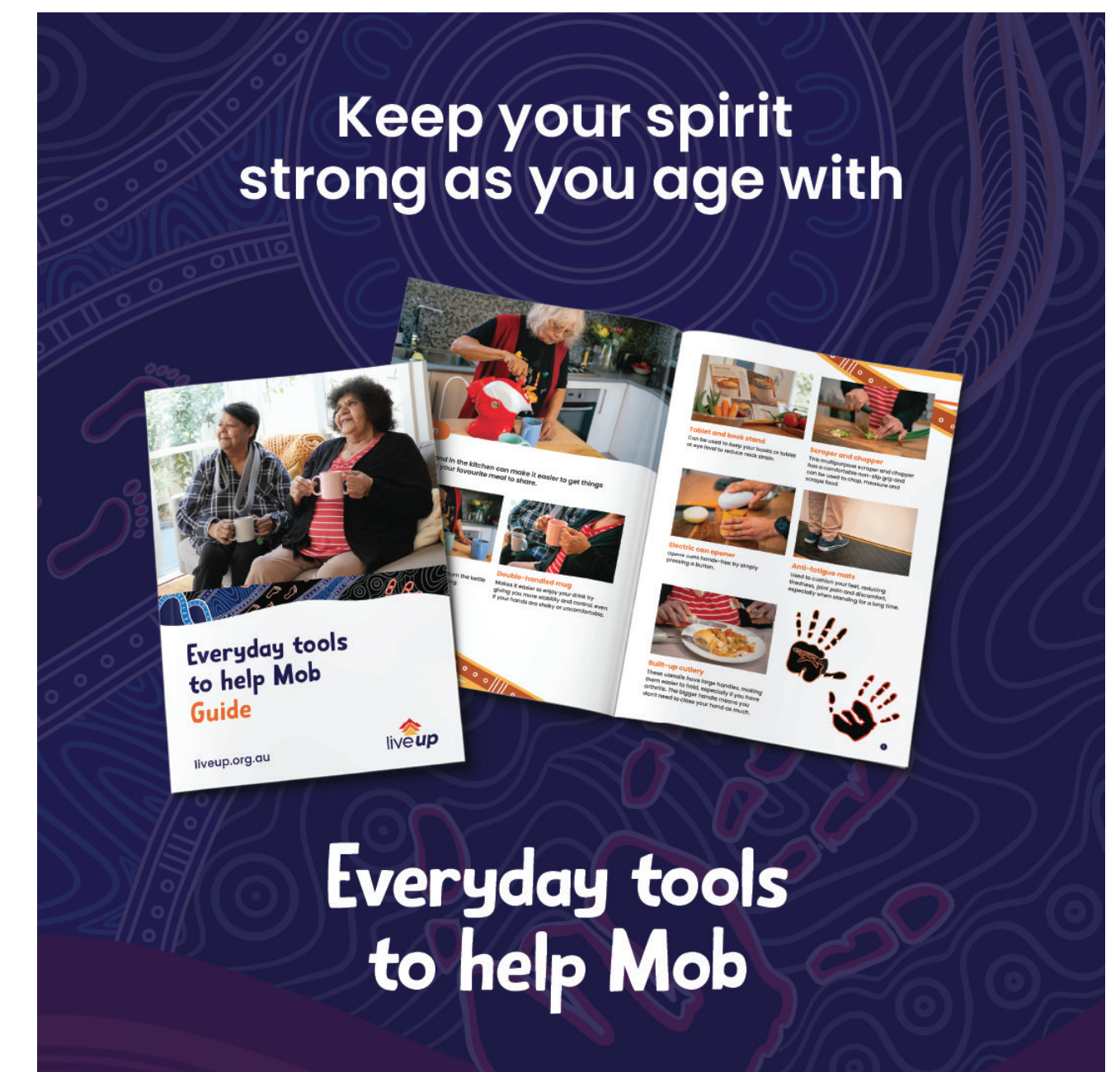
Everyday tools can make you feel strong and independent. It's important to have strong physical, social, and emotional health, so you can look after yourself and your family.

The tools in the Everyday tools to help Mob Guide are easy to use and can be bought from local shops or online.

Find out more at liveup.org.au or call for free at 1800 951 971.*



1080 x 1080



1080 x 1080

Social Post #8

We collaborated with Bangerang and Wiradjuri artist Matty Atkinson to design the Everyday tools to help Mob guide.

This artwork is called Walking Hand in Hand which was commissioned to illustrate how everyday tools can help First Nations people on their journey to independence. Matty works between digital and traditional mediums, sharing his connection to his ancestral lands and the intricate relationship with its native fauna.



1080 x 1080

Social Post #9

CAROUSAL

Tools can give a helping hand in many ways so you have more energy for the things you love most. The Everyday tools to help Mob Guide offers information on lots of different tools to help keep you strong and connected.



1080 x 1080

Social Post #10

The Everyday tools to help Mob Guide gives you options so you can make choices that work for you, and keep your spirit strong as you age.

There are lots of different tools available to help you do things on your own around the house and outdoors.

Find out more at liveup.org.au or call for free at 1800 951 971.*



Life does get hard as you get older...
Simple things can make life easier.

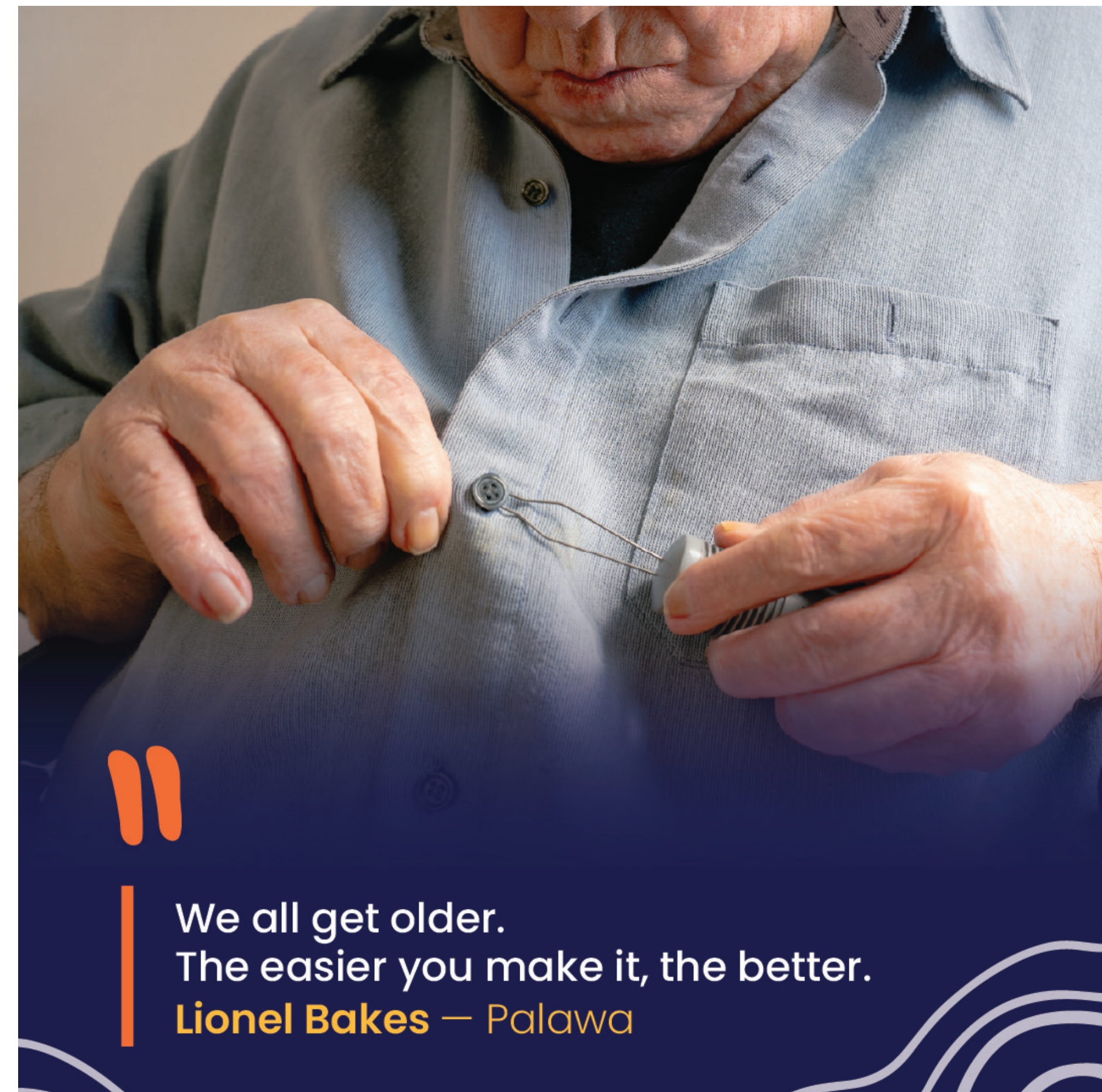
Lionel Bakes — Palawa

1080 x 1080

Social Post #11

Are you having difficulty with everyday tasks? The Everyday tools to help Mob Guide is available to help you do things more easily and independently. The tools in this guide are easy to use and can be bought from local shops or online.

Find out more at liveup.org.au or call for free at 1800 951 971.*



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We all get older.
The easier you make it, the better.

Lionel Bakes — Palawa

1080 x 1080

Social Post #12 (GIF)

Are you having difficulty with everyday tasks? The Everyday tools to help Mob Guide is available to help you do things more easily and independently. The tools in this guide are easy to use and can be bought from local shops or online.

GIF: Type and artwork elements will appear and continue to move before fading out. Mob Guide image will fade in and arrow will point up towards image and then fade out.



1080 x 1080



1080 x 1080

Social Post #13 (GIF)

Everyday tools can make you feel strong and independent. It's important to have strong physical, social, and emotional health, so you can look after yourself and your family.

The tools in the Everyday tools to help Mob Guide are easy to use and can be bought from local shops or online.

GIF: Logo and text will fade into the tile. The artwork elements will fade in and continue to move slightly. Image of the Mob Guide will appear and move slightly from side to side before everything fades out



1080 x 1080

liveup.org.au | 1800 951 971 | @LiveUpAus | communities@liveup.org.au

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

