



Living It Up is a free Scottish online service aimed to help people live a healthier lifestyle. The website consists of 4 main sections:-

- Shine – Helps you discover what you are good at, and has information about volunteering opportunities.
- Discover – Information about what is available for you locally.
- Connect – Helps people access new technology and use different apps and websites.
- Flourish – Has guidance and information on how to stay well and healthy at home.

Ayrshire is one of the areas currently involved in the ongoing development and promotion of the Living It Up service. The **latest** development on LiU is a falls service available in the **Smartcare** section. The information here helps support service users and carers who have fallen or who are at risk of falling and staff working with these people. Smartcare gives staff and users a range of tools to support and encourage them.

We are very keen to sign up colleagues, carers and people involved with health and care services.

TO REGISTER FOR SMARTCARE/LIVING IT UP:

To register yourself or someone you know and/or work with, please email Lynn.garrett@nhs.net and provide the person's name, age range (adult, older person etc.) postcode (to ensure information is relevant for your area) and email address. A welcome email and password to access the site will be emailed to you. Alternatively, register/create a profile at

www.livingitup.org.uk

Please note, by agreeing to register, you agree to the following terms and conditions:

<https://portal.livingitup.org.uk/content/terms-conditions>

Please get in touch if you would like any further information!