



Transform your patients' health and wellbeing



What is Living Longer Living Stronger?

Living Longer Living Stronger is a strength and balance exercise program designed to help people aged from 50–100+ to stay strong, active and socially connected. This includes people who might otherwise feel isolated or unable to exercise.

Delivered by accredited exercise physiologists, physiotherapists and fitness professionals, the Living Longer Living Stronger program has been co-designed with universities, health professionals and older people.

In addition to their professional qualifications, our instructors undergo specialist training to achieve Living Longer Living Stronger accreditation. This enables them to develop tailored programs for each participant's health goals.

Participants then work towards their goals in a fun and friendly group setting.



How does Living Longer Living Stronger work?

The Living Longer Living Stronger program is delivered across two tiers, designed to accommodate participants with a range of needs.

Tier 1 is delivered by qualified and accredited exercise physiologists and physiotherapists and suitable for people with complex chronic conditions, multiple medical risk factors or who may be recovering from illness or injury.

Tier 2 is delivered by qualified and accredited fitness professionals and is suitable for people of all fitness levels and abilities. They may be managing chronic conditions but have few medical risks.

Participants can enrol themselves in Living Longer Living Stronger or they can be referred by their health professional.

Living Longer Living Stronger instructors will:

- conduct an assessment to confirm the applicant's suitability and establish their needs and goals
- develop a tailored exercise plan for the individual
- invite them to attend their first Living Longer Living Stronger session.

“Best thing I have done for years, I come twice a week.”

The referral pathway

We encourage GPs and other healthcare professionals to refer their patients or clients directly to Living Longer Living Stronger providers. Visit www.cotansw.com.au/programs to find a provider close to where your patient or client lives.

1. Download

Visit www.cotatas.org.au/llls to download our enrolment, pre-exercise questionnaire and GP/allied health referral and medical clearance forms.

2. Referral and medical clearance

GPs or other health professionals can provide referrals and/or medical clearance, including notes, recommendations and/or contraindications for your patient.

3. Booking an assessment

Visit www.cotatas.org.au/llls to locate a local Living Longer Living Stronger provider or get your patient to contact the provider directly to book their own assessment.

4. Individual assessment

The Living Longer Living Stronger instructor meets each participant individually, conducts their specific assessments and develops their exercise plan.

5. Start exercising

Your patient joins a local Living Longer Living Stronger group and starts improving their strength, balance and wellbeing.



Support your patients to stay strong to keep moving by making a referral to Living Longer Living Stronger.

Make a life-changing referral

Living Longer Living Stronger's evidence-based program is designed to make the benefits of exercise fun, friendly, affordable and more accessible.

Your patients may be able to use their NDIS or home care packages, claim a rebate from their private health insurance or cover some of the cost via a Medicare chronic disease management plan (depending on the provider qualifications/provider registration).



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