

# Helpful mobile apps for ageing well



An 'app', short for application, is a software program that you install on your mobile phone or tablet. You may already be familiar with mobile apps if you use Facebook, Instagram, or mobile banking on your smartphone. These apps offer a range of useful features and are convenient and easy to use.

## Healthy ageing and apps

Healthy ageing involves making choices that promote your independence as you get older. These health and lifestyle choices are within our control and include:

- Staying [physically active](#)
- Being [socially connected](#)
- Using [assistive products](#)

There are many apps available that can help you [take control of your health](#) and [maintain your independence](#). Below are apps that could be helpful.



# Apps for accessibility

## 1. The National Relay Service

[The National Relay Service](#) is an Australian Government initiative that allows people who are deaf, hard of hearing, or have a speech impairment to make and receive phone calls.

With this app you can make calls using the following options:

- [NRS Chat](#) – if you want to type and read your conversation
- [Voice Relay](#) – if you find speaking on the phone difficult
- [NRS Captions](#) – if you can speak but can't hear clearly
- [Video Relay](#) – if you use Auslan

[The National Relay Service app](#) is free and any calls you make while using the app are free. However, the app requires an internet connection. How much you are charged for this data will depend on the plan you have with your mobile service provider.

Find out more about the National Relay Service [here](#).

Find the app on the [Apple Store](#) or [Google Play](#).

## 2. BIG Phone for Seniors

BIG Phone for Seniors makes it easier to use the basic functions of your phone by making your phone layout simpler, enlarging text, and colour-coding icons to help you find them more easily.

This app also features extended support for talkback screen readers. This allows legally blind users to use their phone with confidence.

Find the app on [Google Play](#).



# Apps for direct health support

## 1. healthdirect

The healthdirect app can help you find a local health service and search for trusted health information. You can connect the healthdirect app to your My Health Record to see your immunisations, pathology reports, and Medicare items.

Find the app on the [Apple Store](#) or [Google Play](#)

## 2. Manage Medicine

Manage Medicine allows you to create a list of your current medications and schedule reminders to take them. It also lets you:

- Scan or search for medication
- Store and share your health information
- Learn about your medications
- Search a large library of information

Find the app on the [Apple Store](#) or [Google Play](#).

# Apps for managing your health

## 1. Waterllama & Daily Water Tracker Reminder

Waterllama (for Apple users) and Daily Water Tracker Reminder (for Android users) are apps that can help you stay hydrated. These apps allow you to record how much you drink each day and set reminders for you to drink water.

Find Waterllama on the [Apple Store](#).

Find Daily Water Tracker Reminder on [Google Play](#).

Read more about how to stay hydrated [here](#).

## 2. SunSmart Global UV app

The SunSmart Global UV app tells you the UV rating in your area to help you stay safe in the sun. It's powered by world leading health, radiation, and weather organisations.

Find the app on the [Apple Store](#) or [Google Play](#).

Read more about staying safe in the sun [here](#).

## 3. On Track with The Right Mix

On Track with The Right Mix helps you keep track of how much alcohol you are drinking over time. The app uses this information to tell you how this might be affecting your health and wellbeing.

Find the app on the [Apple Store](#) or [Google Play](#).

# Apps for exercising

## 1. Senior fitness

The Senior Fitness mobile app features daily exercise routines designed to help you maintain and increase your flexibility. The exercises featured on the app have been designed by a professional fitness coach and can be done at home without gym equipment.

Find the app on [Google Play](#).

## 2. Daily Yoga

Daily Yoga is a free app containing everything you need to get started and stay committed to your yoga practice. The app offers more than 100 yoga and meditation classes aimed at users of all experience levels. (This includes [chair yoga](#).) It also gives you access to a library of suitable music, lets you track and record your progress, and gives you access to a supportive community.

Find the app on the [Apple Store](#) or [Google Play](#).





# Apps for better mental health

## 1. HeadGear

HeadGear can help boost your mental fitness with simple, practical activities that only take five to ten minutes per day. Learn skills to better relax, reduce and [manage stress](#), stay active, improve sleep, connect better with friends, and deal with difficult situations.

HeadGear was designed and developed by [Black Dog Institute](#) in partnership with [beyondblue](#). The [Movember Foundation](#) provides funding and support for this app.

Find the app on the [Apple Store](#).

## 2. Smiling Mind

Smiling Mind is a mindfulness meditation app developed by psychologists and educators. Listen to meditations as guided by smooth and calming voices. Smiling Mind also includes meditations in Indigenous languages like Kriol, Ngaanyatjarra, and Pitjantjatjara.

Find the app on the [Apple Store](#) or [Google Play](#).

# Apps to train your brain

## 1. Train your Brain

Train your Brain features games to help improve your memory. Each game has different levels so you can practice gradually. You can see the score obtained in each level and visualise your progress.

Find the app on [Google Play](#).



## 2. Words with Friends

Words With Friends is a free Scrabble-like word game that lets you connect with friends and family. Expand your vocabulary and keep your brain working hard while having fun.

Find the app on the [Apple Store](#) or [Google Play](#).

# Self-help tools for veterans

Open Arms provides a free resource of information about SMART (self-management and resilience training) treatment tools for veterans. This information, which used to be delivered via the High-Res app, is now [available online](#).

There are interactive, easy-to-use tools that you can access on the go such as:

- Controlled breathing
- Progressive muscle relaxation
- Thought stopping

This can help you to improve your response in each moment. Over time, the training can help you to build both mental resilience and fitness.

## More helpful information

If you need more information, get in touch with one of our helpful team on **1800 951 971**.

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### CONTACT US

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