



# STILL GOING

## STAY HEALTHY, ACTIVE AND INDEPENDENT INTO LATER LIFE!

STILL Going National Research aims to find out what helps people in Scotland to keep active and healthy as they get older. We want YOU to take part in this important research.



### 1 ARE YOU 50 AND OVER?

Want to find out how you can stay healthy, active and independent for longer? Then take part in the STILL Going National Research. The research is based at the University of Strathclyde, Glasgow



### 2 YES! I WANT TO JOIN IN

Download the LifeCurve™ App onto your smartphone or tablet its **free!**

Download at [www.adlsmartcare.com/lifecurveapp](http://www.adlsmartcare.com/lifecurveapp) or find it on Google Play or the Apple App Store:



### 3 CREATE A FREE ACCOUNT IN A FEW MINUTES

Sign in or register for a free ADL Passport account on the secure LifeCurve™ App. To make it easier you can also use your Facebook login.



### 4 NEXT, CONNECT TO US IN THE LIFECURVE™ APP

Find us in the Partner area of the LifeCurve™ App or you can scan the QR code or enter the code shown.

or use the code:  
**basfn**

You can then view the privacy policy to make sure you are happy and then click on the connect to the

**"Still Going National Partner".**



### 5 FINALLY, START A LIFECURVE™ FOR FREE ADVICE

Researchers all agree that you CAN change how you age - whatever your age. We can do a lot for ourselves. And the earlier we start the better! The App was developed with leading experts in ageing and with older people. Find simple activities and ideas to help you keep active and healthy for longer