



Help with using the LifeCurve Public site

Latest Revision: January 2026

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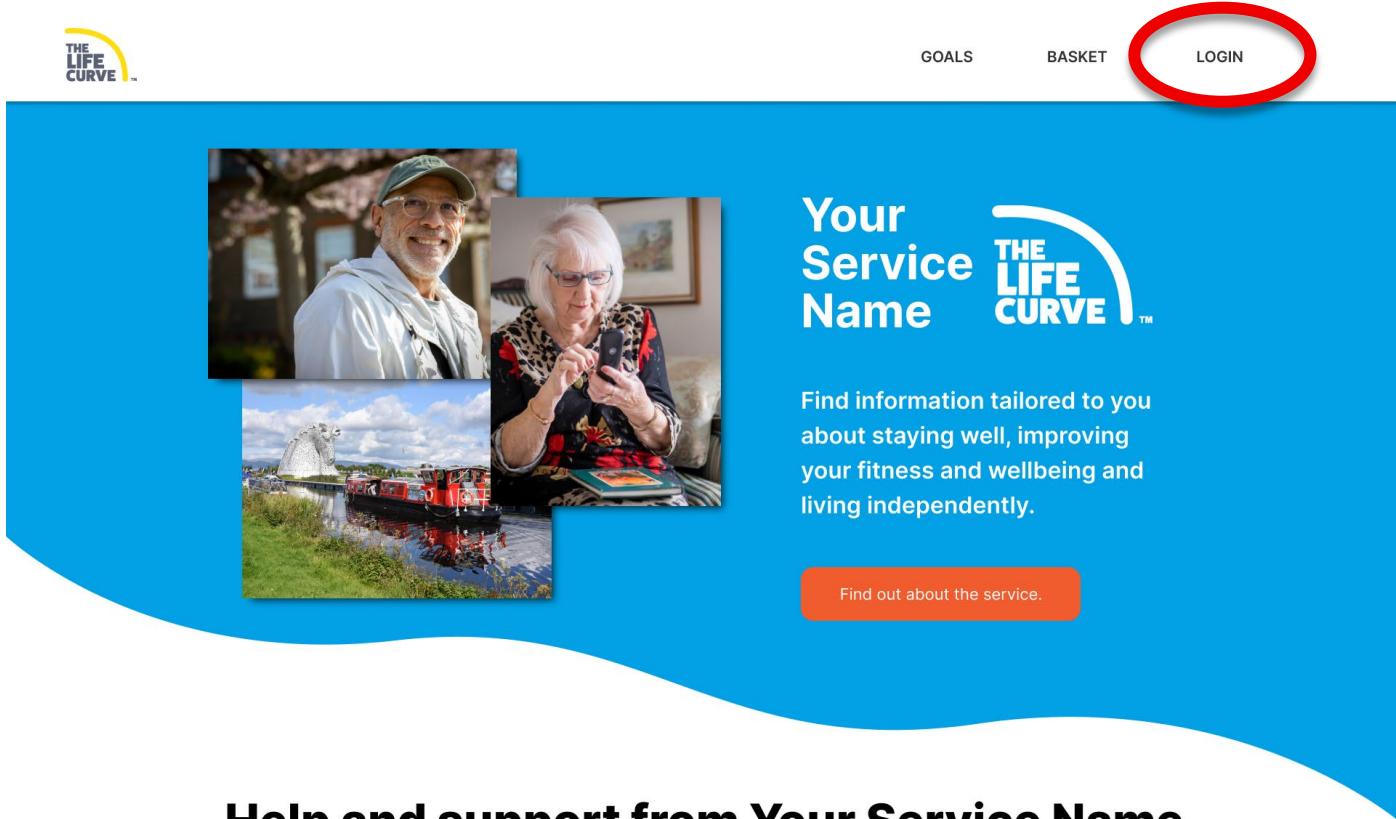
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Getting Started

This document takes you through the full process of using the LifeCurve Public website. A service which provides information tailored to you about improving your fitness and wellbeing, and living independently.

The homepage contains links to The LifeCurve quiz, other questionnaires (which we call goals) that you can take to stay independent, a helpful list of local services and a section for local news.

Once you arrive on the homepage, click on the "Log in" button at the top of the page.



Help and support from Your Service Name

The LifeCurve

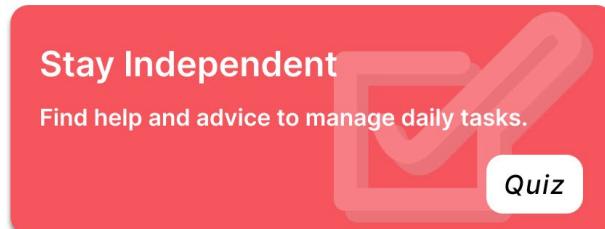
Find your path to better ageing.



Quiz

Stay Independent

Find help and advice to manage daily tasks.



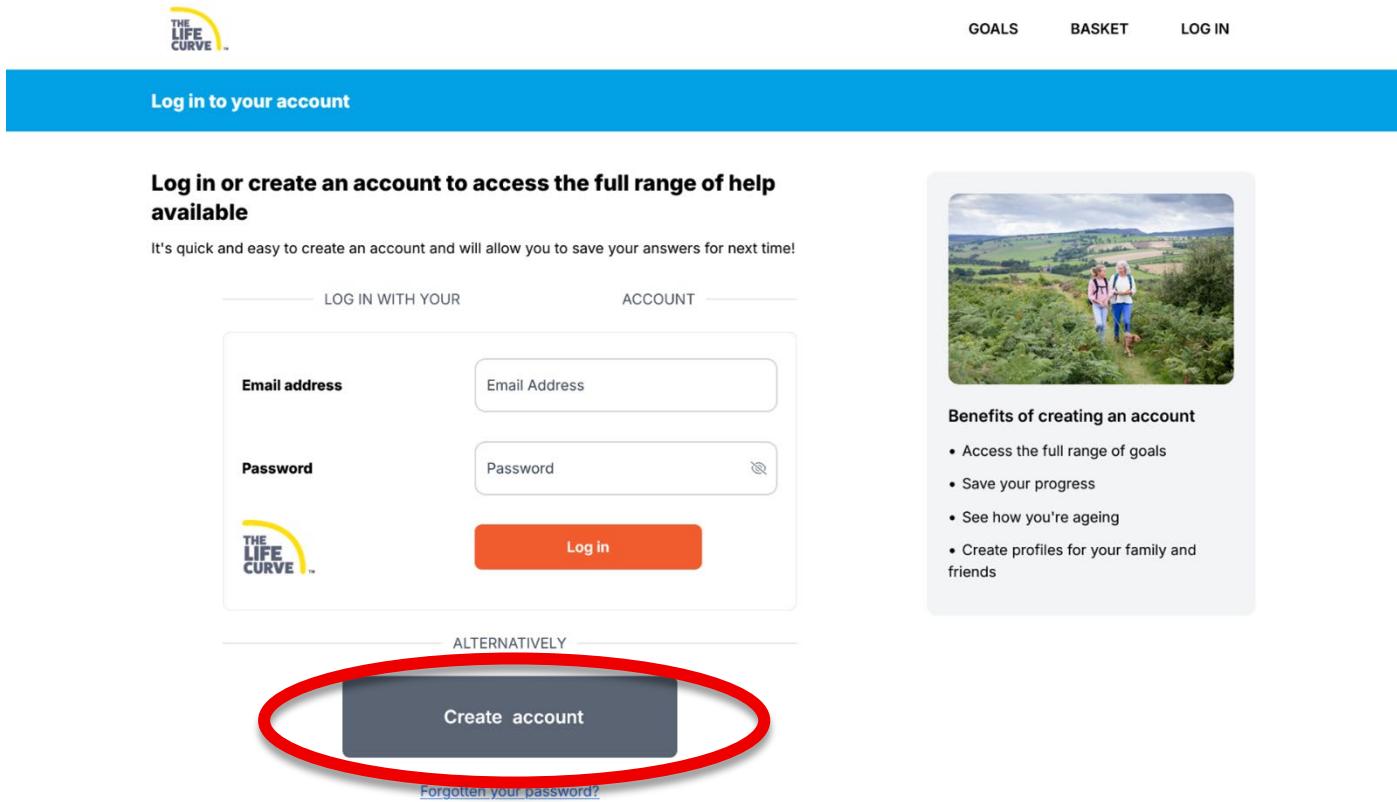
Quiz

Local Services

Local News

Log in / Sign up

On the login page, please log in to your account. If you do not have an account, please click on the "Create an account" button below the login form. Creating an account on LifeCurve Public services is free, easy and quick to do. It allows you to save your goal results and answers, so you won't have to retake them to get back to the results at a later date.



Log in to your account

Log in or create an account to access the full range of help available

It's quick and easy to create an account and will allow you to save your answers for next time!

LOG IN WITH YOUR ACCOUNT

Email address

Password



Log in

ALTERNATIVELY

Create account

[Forgotten your password?](#)

Benefits of creating an account

- Access the full range of goals
- Save your progress
- See how you're ageing
- Create profiles for your family and friends

The sign-up process should only take a few minutes. Please enter the requested information and click the "Next" button to proceed to the next screen. There are four steps in the process. Entering your name, choosing a profile picture from a gallery, entering your email address and choosing a password. Passwords must be at least eight characters long, and contain a mix of uppercase and lowercase letters, a number and a special character (such as !, @ or *, etc.).



After creating your account, please review and accept the website terms of use and our privacy policy by clicking the switches at the bottom of the page. Then click "Next" to continue to the final screen.

Click "Continue as yourself" if you are ready to get started. Or, if you would like to add a profile for another person, such as a family member or dependent, click "Add another person."

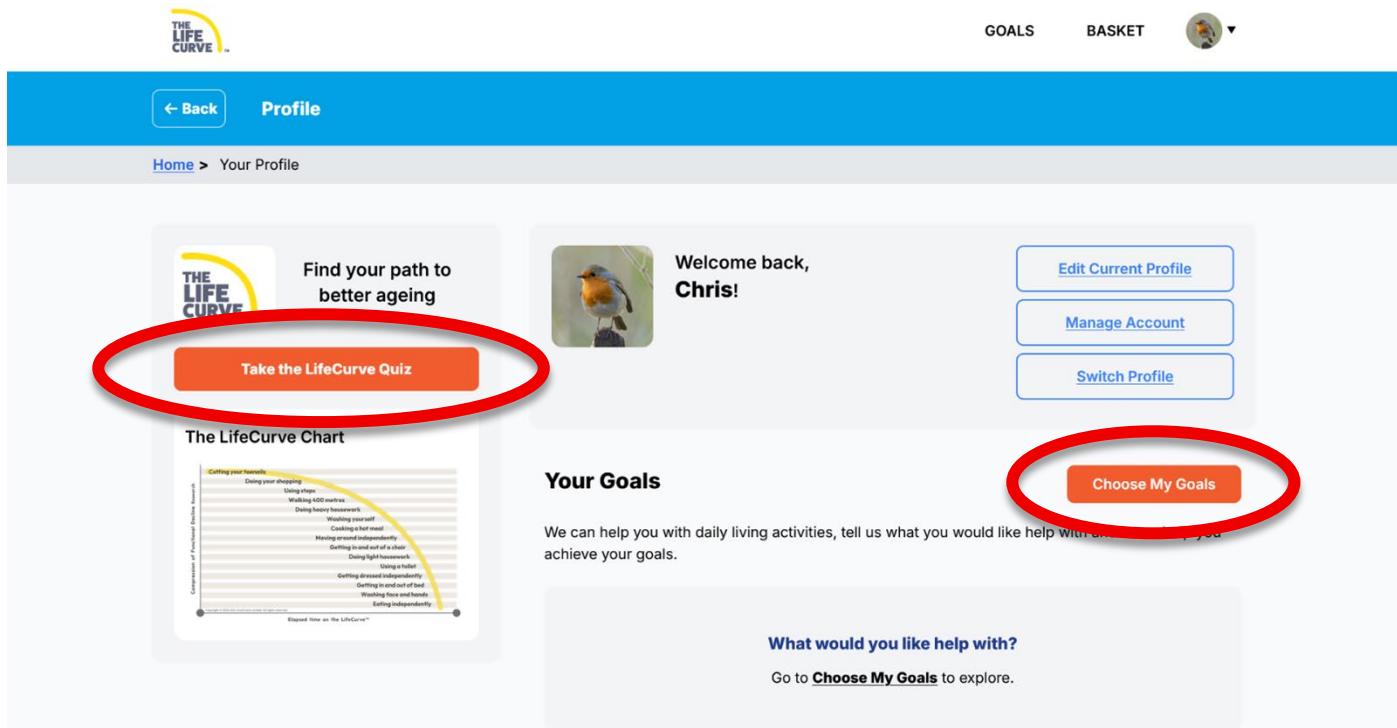
Clicking "Continue as yourself" takes you to your Profile page.

Profile page

Your Profile page contains two main links; "Take the LifeCurve Quiz" and "Choose My Goals".

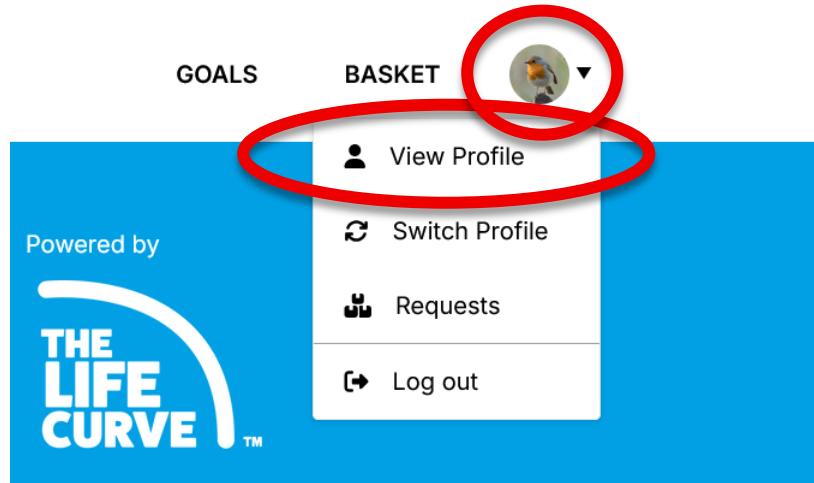
Clicking "Take the LifeCurve Quiz" will allow you to find out how you are ageing and see where you are on the LifeCurve. At the end of the Quiz, you will be matched with solutions to best support your position on the Curve. These results will include support and professional guidance, movement routines to help maintain your ability and independence and recommended goals that you may be interested in exploring.

If you have already taken The LifeCurve, or have a specific need you would like support with, clicking "Choose My Goals" will allow you to view the wide range of goals we have available.



The screenshot shows the LifeCurve Profile page. At the top, there is a blue header with the LifeCurve logo, a 'GOALS' button, a 'BASKET' button, and a user profile icon. Below the header, the page title is 'Profile'. A breadcrumb navigation shows 'Home > Your Profile'. The main content area includes a 'Find your path to better ageing' section with a 'Take the LifeCurve Quiz' button (circled in red), a 'Welcome back, Chris!' section with a bird icon, and a 'Your Goals' section with a 'Choose My Goals' button (circled in red). There is also a 'The LifeCurve Chart' and a 'What would you like help with?' section.

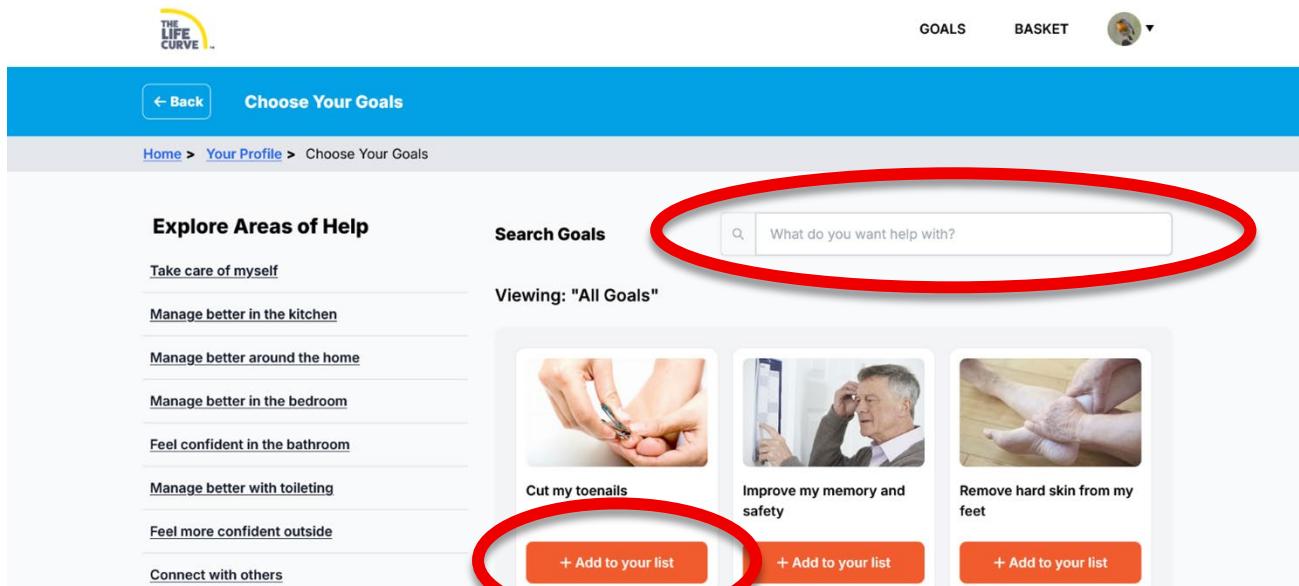
You can get back to your Profile page from anywhere on the site by clicking the icon in the top right-hand corner of the page and selecting "View Profile" from the dropdown menu.



The screenshot shows the top right corner of a page with a blue background. It features a 'GOALS' button, a 'BASKET' button with a bird icon, and a dropdown menu. The dropdown menu includes options: 'View Profile' (with a person icon, circled in red), 'Switch Profile' (with a circular arrow icon), 'Requests' (with a gift icon), and 'Log out' (with a log out icon). The 'Powered by THE LIFE CURVE' logo is also visible.

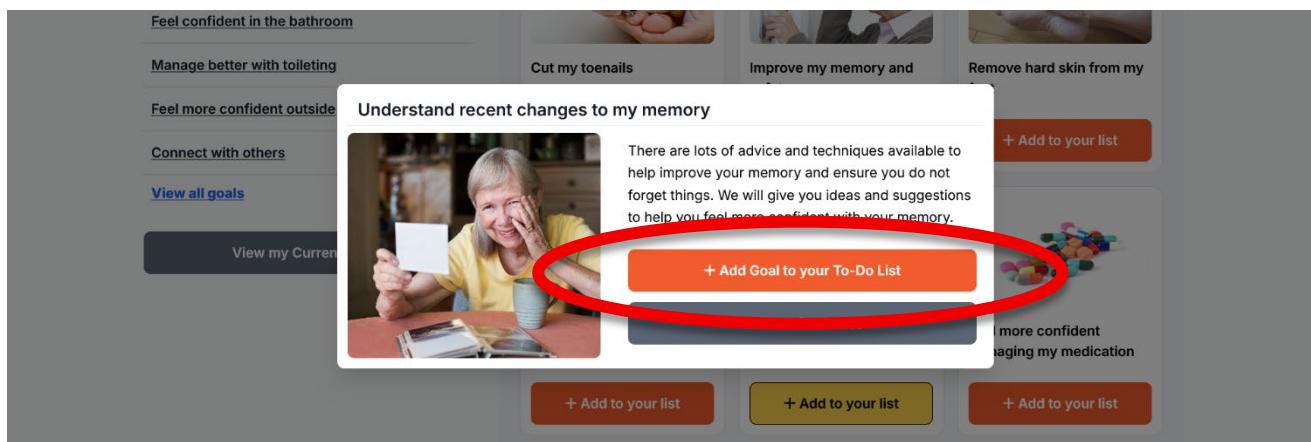
Choose Your Goals

The Choose Your Goals page offers a catalogue of goals available for you to choose from. All goals are shown on the right-hand side of the page, and you can scroll down to view them all. You can view specific areas of help by clicking an option from the category list under the heading "Explore Areas of Help". You can also type a keyword into the Search box on the upper right-hand side of the page.



The screenshot shows the 'Choose Your Goals' page. At the top, there are navigation links for 'GOALS' and 'BASKET', and a user profile icon. The main content area has a blue header 'Choose Your Goals'. Below this, a breadcrumb navigation shows 'Home > Your Profile > Choose Your Goals'. On the left, a sidebar titled 'Explore Areas of Help' lists categories like 'Take care of myself', 'Manage better in the kitchen', etc. On the right, a 'Search Goals' section shows a search bar with the placeholder 'What do you want help with?'. Below the search bar, it says 'Viewing: "All Goals"'. Three goal cards are displayed: 'Cut my toenails' (with an image of a person cutting toenails), 'Improve my memory and safety' (with an image of a person looking at a calendar), and 'Remove hard skin from my feet' (with an image of a person's foot). Each card has an 'Add to your list' button at the bottom. A red circle highlights the search bar and another red circle highlights the 'Add to your list' button for the 'Cut my toenails' goal.

When you find a goal that you would like support with, click "Add to your list" beneath it, then click on "Add Goal to your To-Do List" in the pop-up window. This will add the goal to your Profile page.



The screenshot shows a goal detail page for 'Improve my memory and safety'. The page includes a sidebar with categories like 'Feel confident in the bathroom', 'Manage better with toileting', etc. The main content area shows a goal card for 'Improve my memory and safety' with an image of a person holding a piece of paper. A pop-up window titled 'Understand recent changes to my memory' is overlaid on the page. The pop-up contains a sub-image of a person at a table, text about improving memory, and an 'Add Goal to your To-Do List' button. A red circle highlights this button. The background of the main page shows other goal cards and buttons for 'Add to your list'.

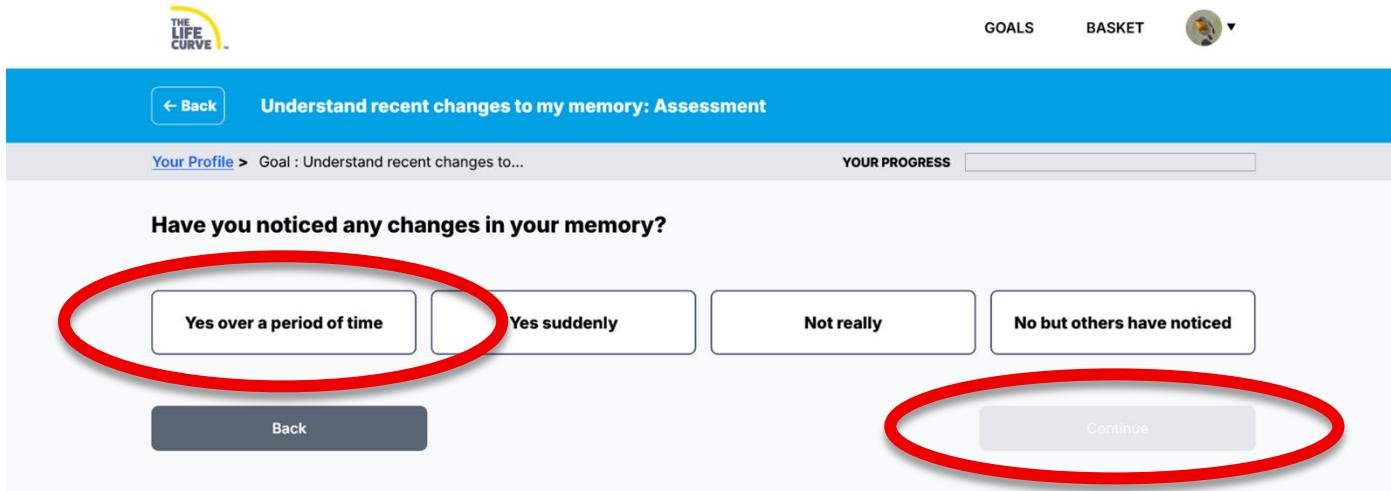
If you wish to begin completing this goal now, click "Start Goal" in the pop-up window, or click "Close" to continue browsing for more goals.

If you would like to view a list of goals that you have added, you can return to your Profile page by clicking either "Back" or "Your Profile" from the page header, where a list of your goals will be displayed.

Completing a goal

A goal is a type of self-assessment and is made up of different questions that help us to match you with solutions which are best suited to your needs.

When presented with a question, click on or type in the appropriate information, then click "Continue" to move on to the next question.



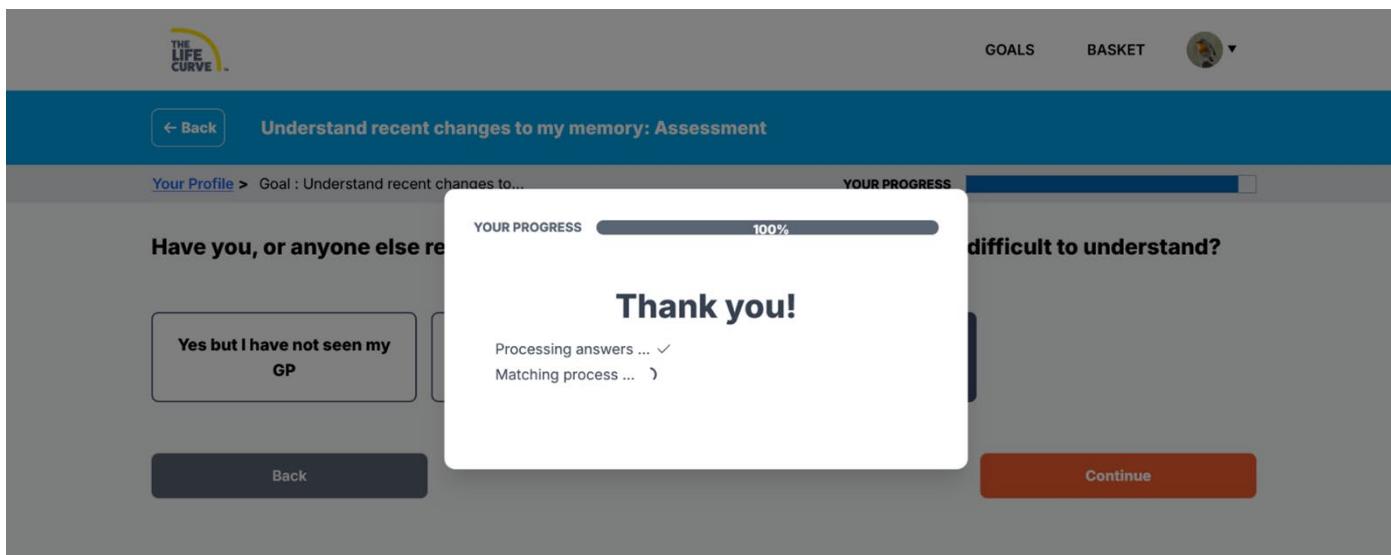
← Back Understand recent changes to my memory: Assessment

Your Profile > Goal : Understand recent changes to...

YOUR PROGRESS

Have you noticed any changes in your memory?

At different points in the goal, a "matching" screen will appear. This shows that the system is matching your answers to professional, personalised support tailored to you.



← Back Understand recent changes to my memory: Assessment

Your Profile > Goal : Understand recent changes to...

YOUR PROGRESS

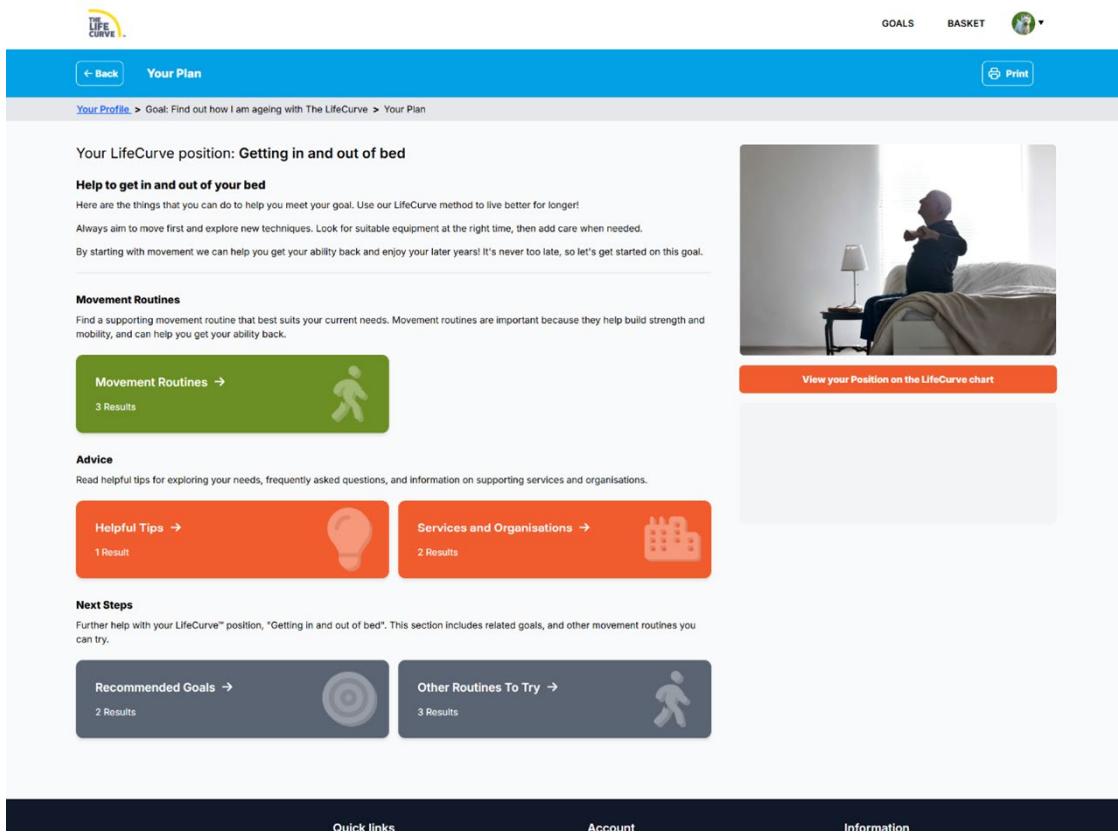
Have you, or anyone else recently noticed any changes in your memory that are difficult to understand?

Thank you!

Processing answers ... ✓
Matching process ... ⏺

Based on your answers, the system will then either give you another set of questions to answer so that we can provide the most appropriate support, or you will be taken to the results of your goal on the "Your Plan" page.

View your results



The screenshot shows a web page titled 'Your Plan' under 'Your Profile'. The main content is about 'Getting in and out of bed'. It includes a section on 'Help to get in and out of your bed', 'Movement Routines' (with a green button for 3 results), 'Advice' (with a green button for 1 result), 'Services and Organisations' (with an orange button for 2 results), and 'Next Steps' (with two grey buttons for 'Recommended Goals' (2 results) and 'Other Routines To Try' (3 results)). There is also a large image of a man sitting on the edge of a bed. A red button at the bottom right says 'View your Position on the LifeCurve chart'.

Your results package might contain any of the following:

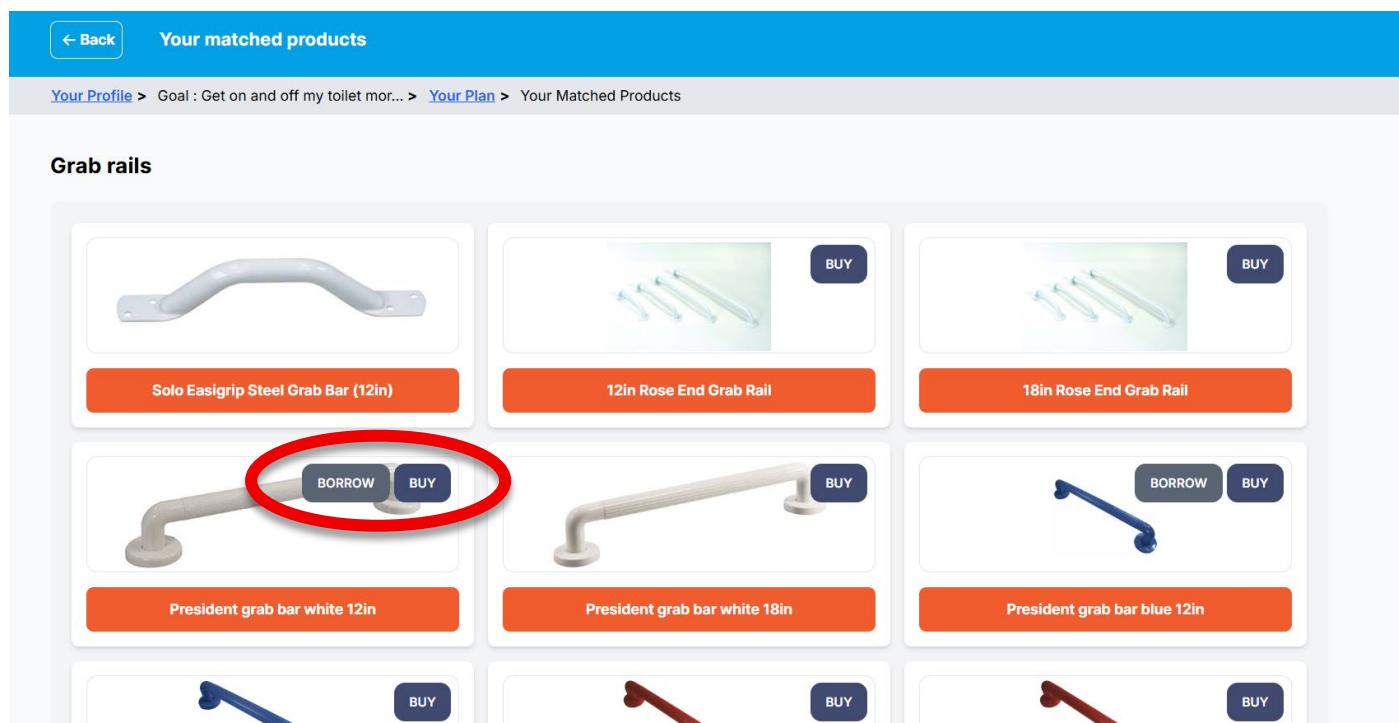
- **Important Information:** Please read and understand the important information that is shown.
- **Movement Routines:** These are professionally designed, simple functional movements that will help you to maintain, or even regain, your strength and ability levels. Instructions for how to perform the routine safely, as well as a demonstration of the routine, are shown on this page. You take responsibility for your own exercise programme. This content should not be treated as a substitute for the medical advice of your own GP or any other healthcare professional.
- **Helpful Tips:** Professional support, advice and guidance, written by experts in their field, designed to help support you based on the answers you provided.
- **FAQs:** Frequently Asked Questions and answers tailored to your needs.
- **Equipment:** Some goals have suggested equipment to help you manage your needs and continue to live independently. If a piece of equipment would suit your needs, a link to where it can be purchased is available on the page. We do not take commissions for purchase links. If you choose to buy the product through another site than the one provided, please make sure you are buying the **exact same product**, as others may not be suitable for your needs, ability levels or home environment. Some equipment can be borrowed for free from the local authority. If loaning the item is available, a "Borrow" button will show on the item.
- **Services:** Services in your local area which may be of interest.
- **Recommended Goals:** Other goals that might be of interest, based on the outcome of your goal.
- **Other Movement Routines:** These are designed to be practised as an extension of the movement routines matched to you above.

To view any of these results, click on the relevant buttons on the "Your Plan" page.

If you do not find the results you need, contact details for the service facilitator team are available on Your Plan page. Please review your results carefully before contacting the team.

Equipment

When you click through to Equipment, a list of items that have been matched to you will be displayed. Items that are marked with a "Buy" icon have a link to an external website where they can be purchased. We do not take commissions on purchases you make. Please remember that if you choose to buy the product through another site than the one provided, you should make sure that you are buying the **exact same product**, as others may not be suitable for your needs, ability levels or home environment.

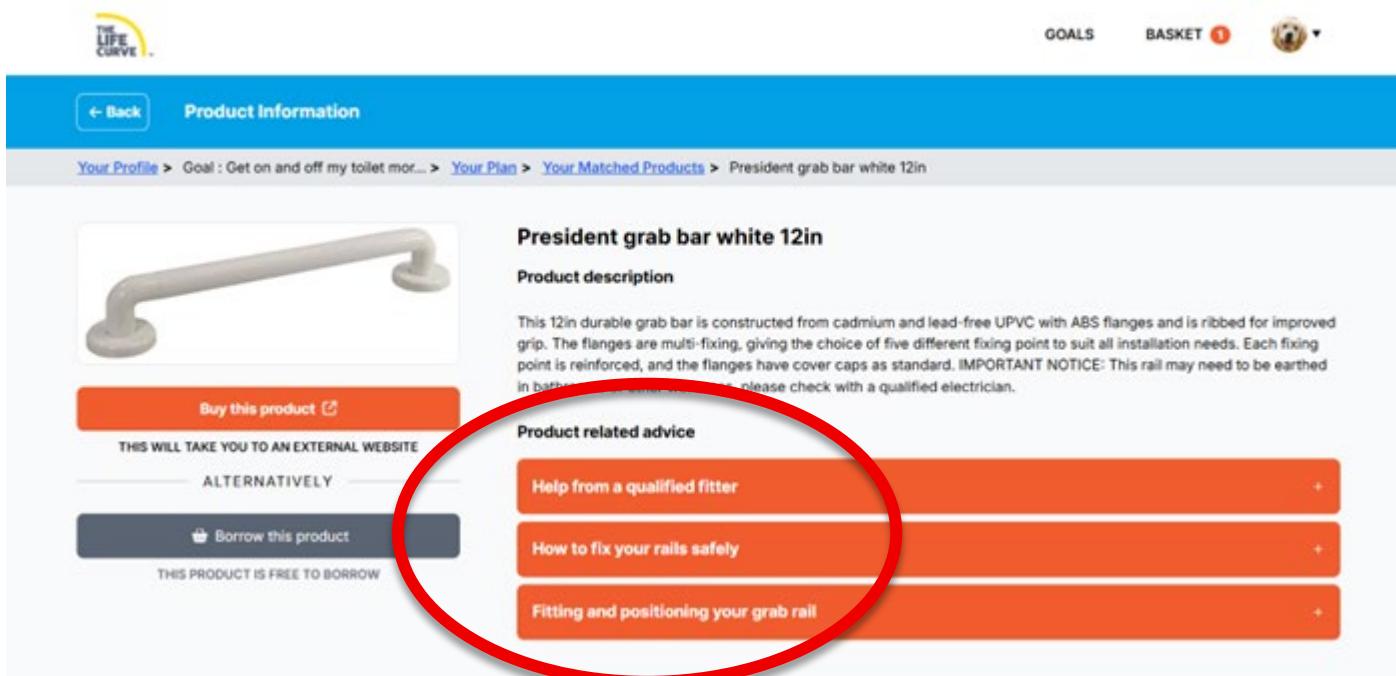


Grab rails

Solo Easigrip Steel Grab Bar (12in)	12in Rose End Grab Rail	18in Rose End Grab Rail
President grab bar white 12in	President grab bar white 18in	President grab bar blue 12in
BUY	BUY	BUY

Some equipment can be borrowed for free from the local authority. If loaning the item is available, a "Borrow" button will show on the item.

Clicking on a piece of equipment displays more information about the product.



President grab bar white 12in

Product description

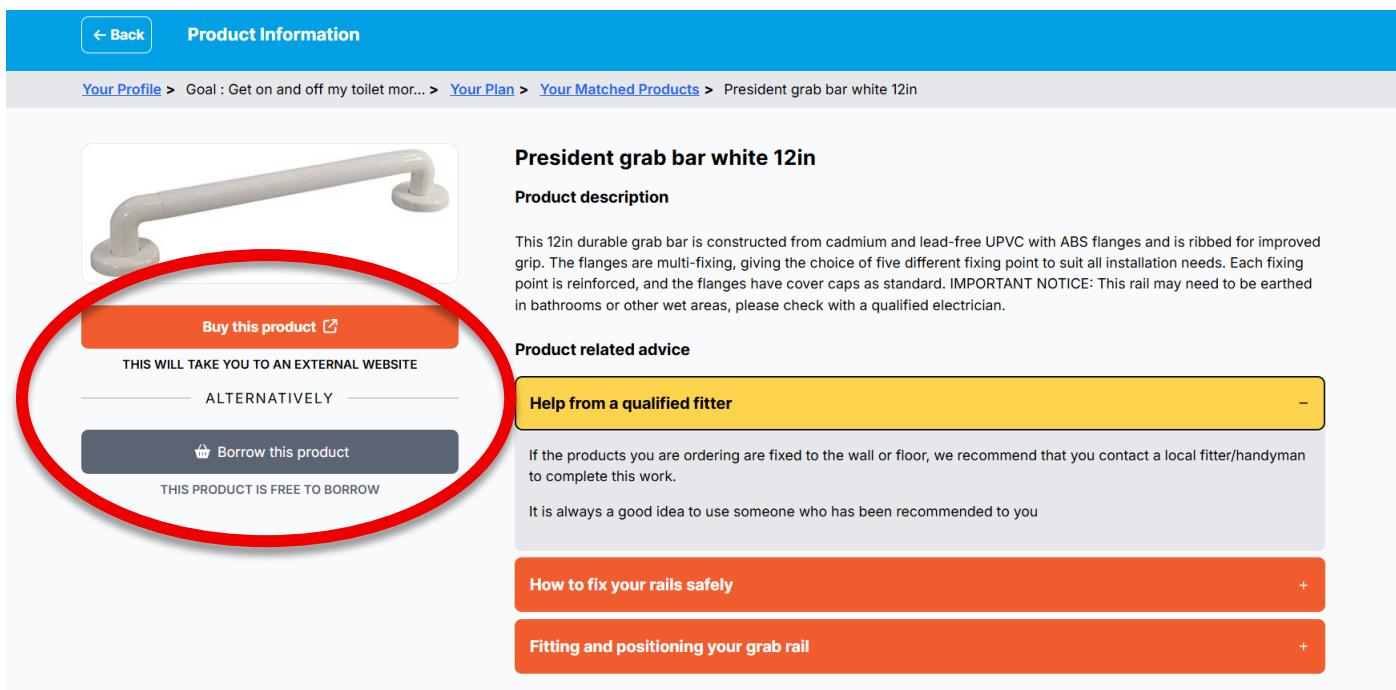
This 12in durable grab bar is constructed from cadmium and lead-free UPVC with ABS flanges and is ribbed for improved grip. The flanges are multi-fixing, giving the choice of five different fixing point to suit all installation needs. Each fixing point is reinforced, and the flanges have cover caps as standard. **IMPORTANT NOTICE:** This rail may need to be earthed in bathrooms or other wet areas, please check with a qualified electrician.

Product related advice

- Help from a qualified fitter
- How to fix your rails safely
- Fitting and positioning your grab rail

If a product has "Product related advice", please read these messages carefully by clicking on them, as they contain important information about fitting and safety of the product.

The "Buy this product" and "Borrow this product" buttons are also displayed on this page on the left-hand side.



President grab bar white 12in

Product description

This 12in durable grab bar is constructed from cadmium and lead-free UPVC with ABS flanges and is ribbed for improved grip. The flanges are multi-fixing, giving the choice of five different fixing point to suit all installation needs. Each fixing point is reinforced, and the flanges have cover caps as standard. **IMPORTANT NOTICE:** This rail may need to be earthed in bathrooms or other wet areas, please check with a qualified electrician.

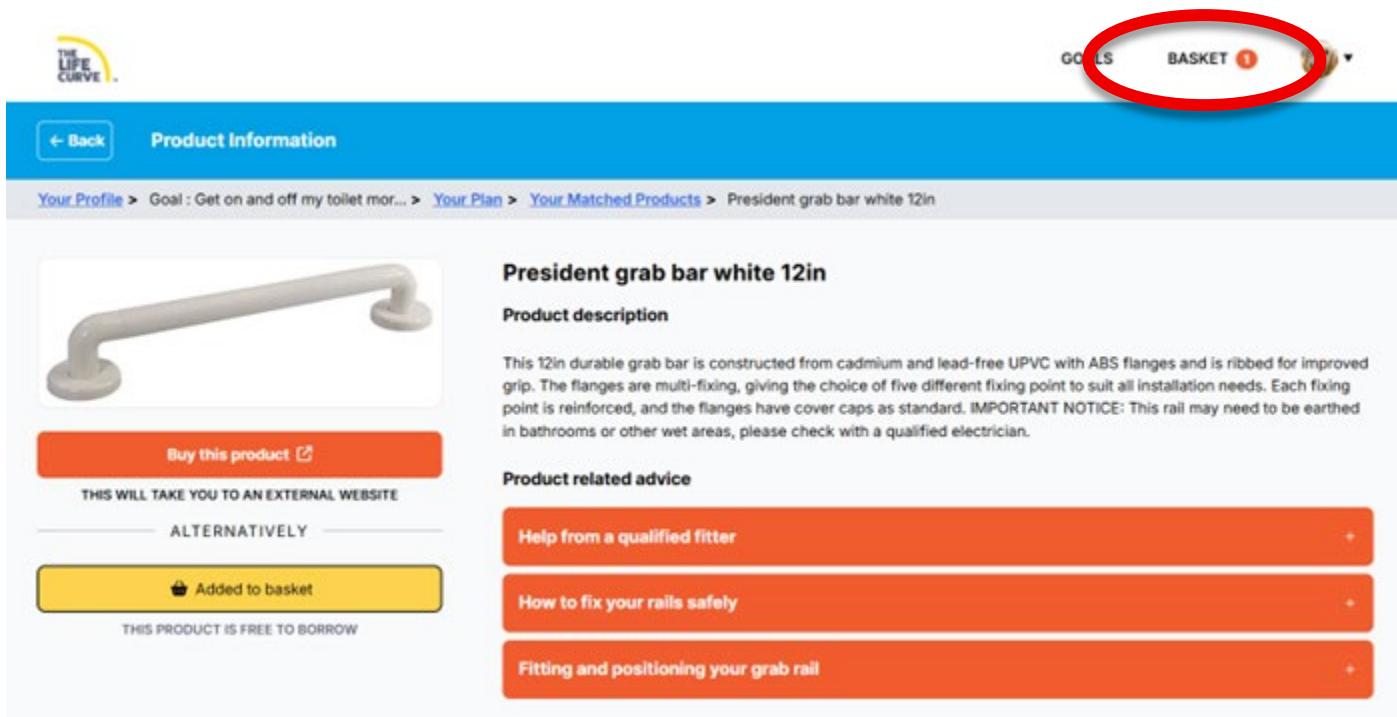
Product related advice

- Help from a qualified fitter

If the products you are ordering are fixed to the wall or floor, we recommend that you contact a local fitter/handyman to complete this work.

It is always a good idea to use someone who has been recommended to you

- How to fix your rails safely
- Fitting and positioning your grab rail



President grab bar white 12in

Product description

This 12in durable grab bar is constructed from cadmium and lead-free UPVC with ABS flanges and is ribbed for improved grip. The flanges are multi-fixing, giving the choice of five different fixing point to suit all installation needs. Each fixing point is reinforced, and the flanges have cover caps as standard. **IMPORTANT NOTICE:** This rail may need to be earthed in bathrooms or other wet areas, please check with a qualified electrician.

Product related advice

- Help from a qualified fitter
- How to fix your rails safely
- Fitting and positioning your grab rail

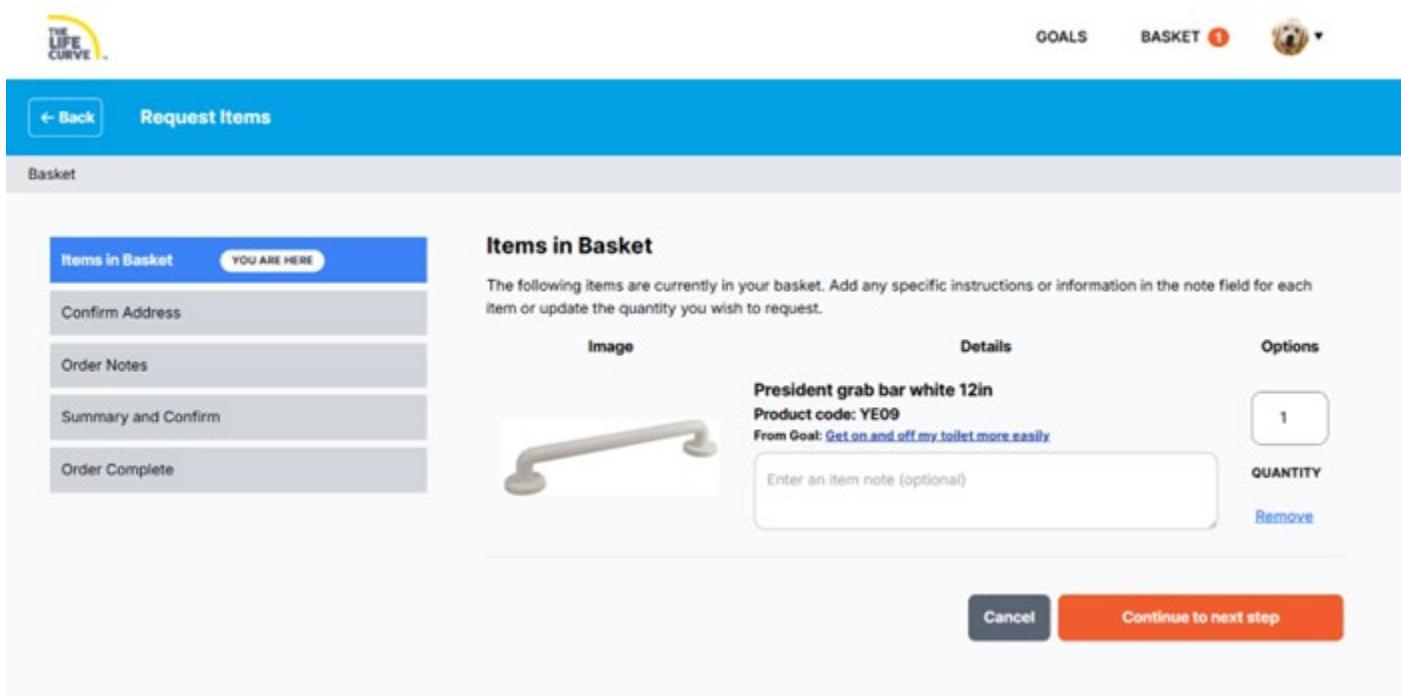
If you click "Buy this product", you will be taken to an external website where the product is available to purchase. Again, if you choose to buy the product through another site than the one provided, you should make sure that you are buying the **exact same product**, as others may not be suitable for your needs, ability levels or home environment.

If you wish to borrow the equipment, click on "Borrow this product." This will add it to your basket. The button text will change to "Added to basket" to signify this.

You can add multiple loanable items to your basket. If you would like to take other goals before completing your basket order, you can do so and add more loanable items to your basket before completing the order.

To complete your request to borrow the items, click on "Basket" at the top of the page.

The basket process is five steps long. The first step, "Items in Basket," displays the list of items you are requesting to borrow. On this page, you can review the quantity of each item and enter any notes you wish to give to the Local Authority. Click "Continue to next step" when you are finished.



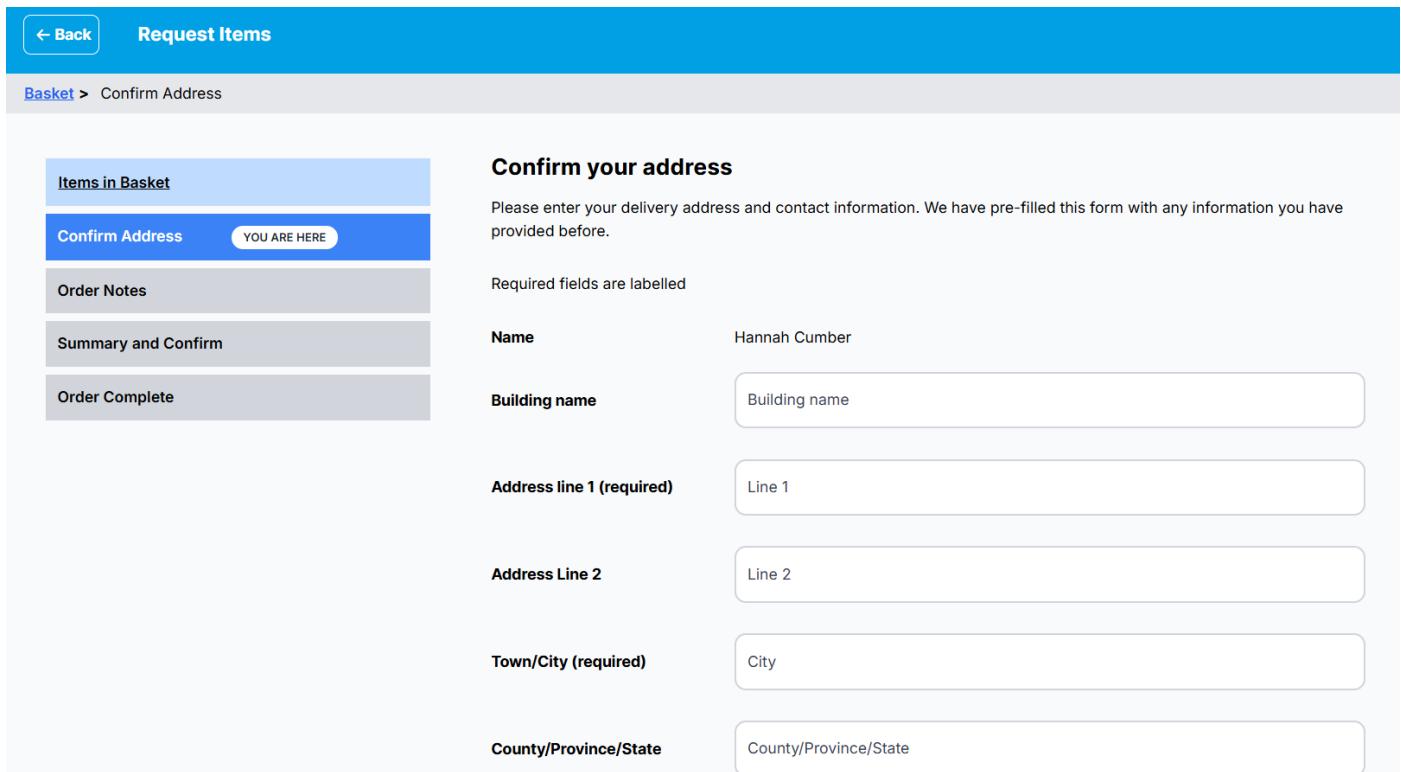
Items in Basket

The following items are currently in your basket. Add any specific instructions or information in the note field for each item or update the quantity you wish to request.

Image	Details	Options
	President grab bar white 12in Product code: YE09 From Goal: Get on and off my toilet more easily <input type="text" value="Enter an item note (optional)"/>	1 QUANTITY Remove

Cancel **Continue to next step**

On Step 2, "Confirm Address", please provide the address to which you would like the items delivered.



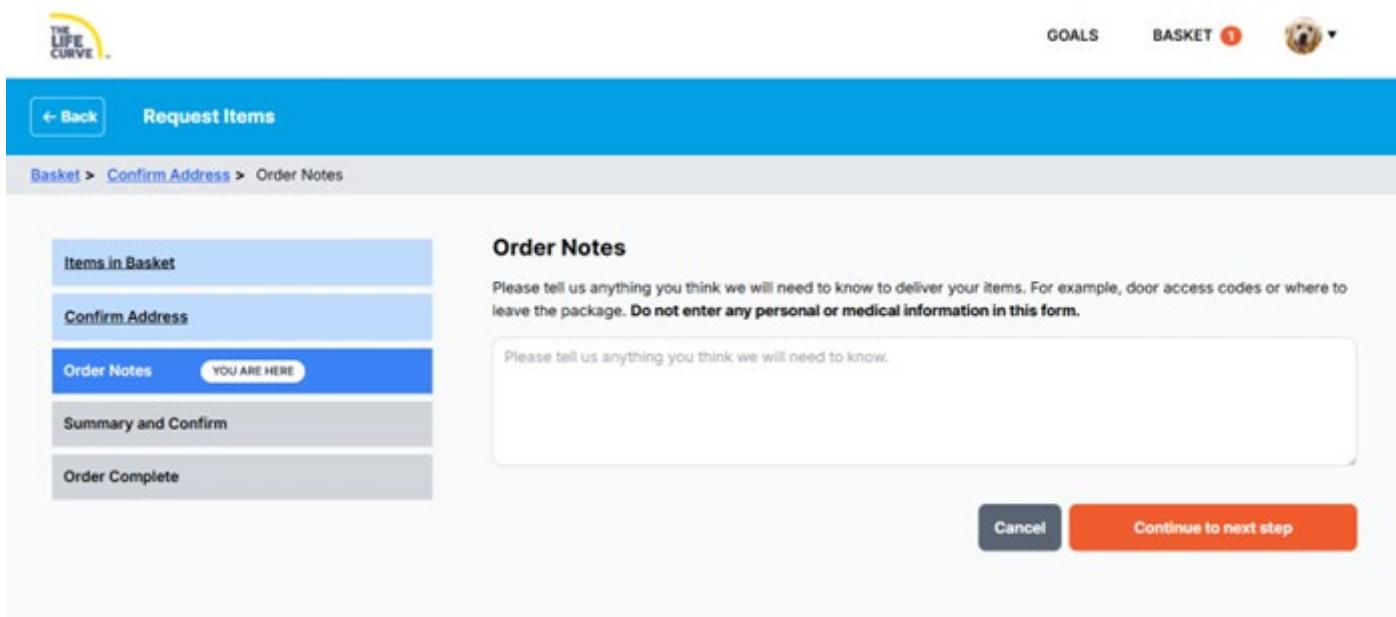
Confirm your address

Please enter your delivery address and contact information. We have pre-filled this form with any information you have provided before.

Required fields are labelled

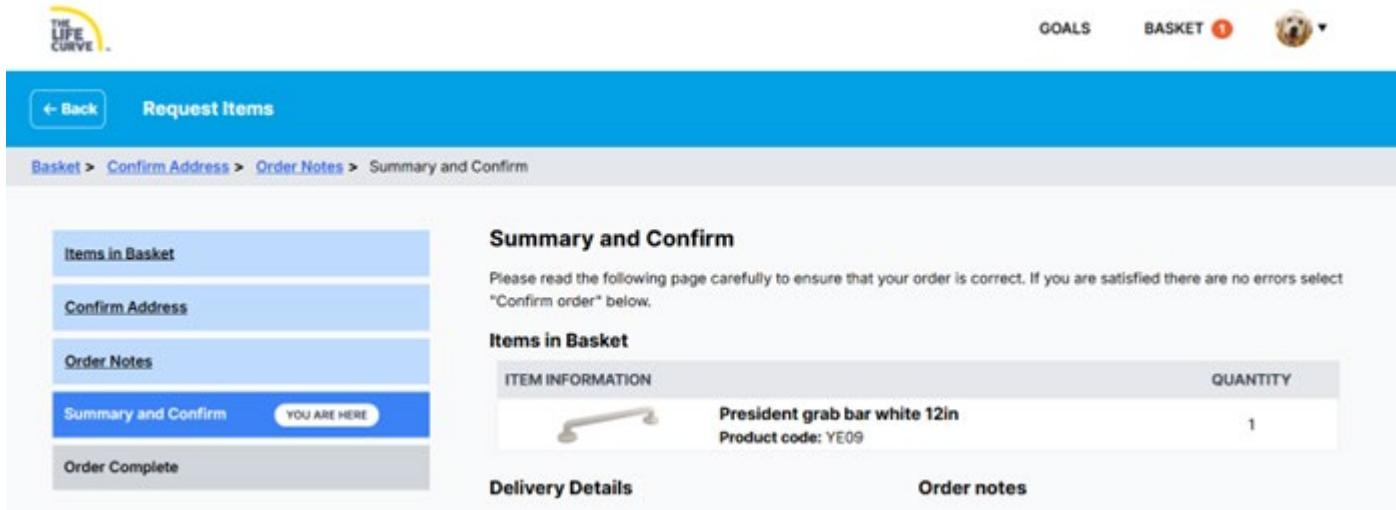
Name	Hannah Cumber
Building name	<input type="text" value="Building name"/>
Address line 1 (required)	<input type="text" value="Line 1"/>
Address Line 2	<input type="text" value="Line 2"/>
Town/City (required)	<input type="text" value="City"/>
County/Province/State	<input type="text" value="County/Province/State"/>

On "Order Notes", please tell us anything you think we will need to know to deliver your items. For example, door access codes or where to leave the package. Do not enter any personal or medical information in this form.



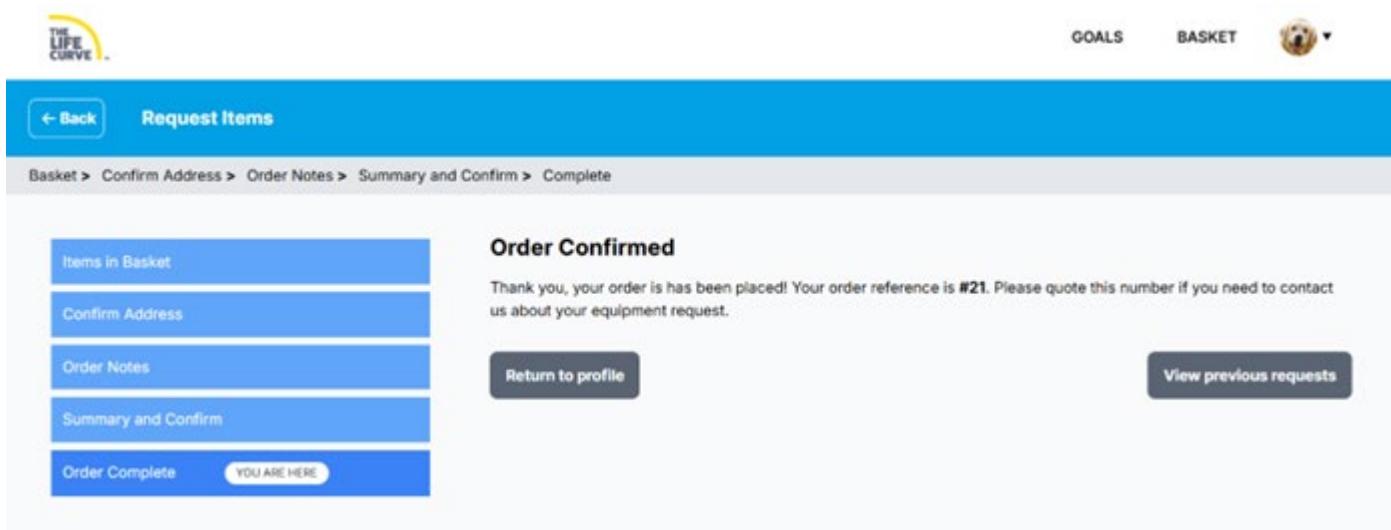
The screenshot shows the 'Request Items' section of the LifeCurve website. The 'Order Notes' page is displayed. On the left, a vertical navigation bar lists: 'Items in Basket', 'Confirm Address', 'Order Notes' (which is highlighted in blue with a 'YOU ARE HERE' label), 'Summary and Confirm', and 'Order Complete'. The main content area is titled 'Order Notes' and contains a text box with the placeholder 'Please tell us anything you think we will need to know.' At the bottom right are 'Cancel' and 'Continue to next step' buttons.

On the “Summary and confirm” page, you can review the information you have just entered to make sure that it is all correct. Click “Continue” to complete the order.



The screenshot shows the 'Request Items' section of the LifeCurve website. The 'Summary and Confirm' page is displayed. The vertical navigation bar on the left shows: 'Items in Basket', 'Confirm Address', 'Order Notes', 'Summary and Confirm' (highlighted in blue with a 'YOU ARE HERE' label), and 'Order Complete'. The main content area is titled 'Summary and Confirm' and contains a message: 'Please read the following page carefully to ensure that your order is correct. If you are satisfied there are no errors select "Confirm order" below.' Below this is a table titled 'Items in Basket' showing a single item: 'President grab bar white 12in' with 'Product code: YE09' and a quantity of '1'. At the bottom are 'Delivery Details' and 'Order notes' buttons.

Once the order is completed, you will be shown the “Order Confirmed” page.



Items in Basket

Confirm Address

Order Notes

Summary and Confirm

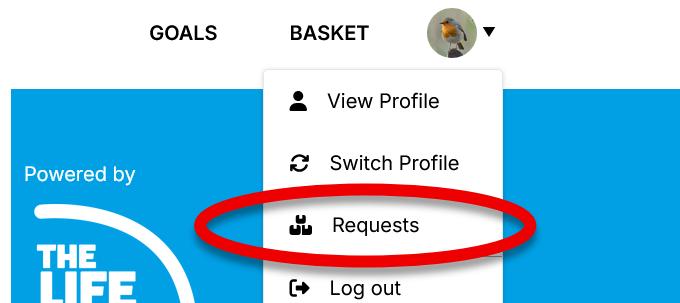
Order Complete YOU ARE HERE

Order Confirmed

Thank you, your order is has been placed! Your order reference is #21. Please quote this number if you need to contact us about your equipment request.

[Return to profile](#) [View previous requests](#)

You can check up on the progress of your order by clicking on your profile icon in the top right of the page and viewing the "Requests" page from the drop-down menu.



Revisiting your goals

If you would like to revisit your results at a later time, you can click the "View Options" button found beside the goal on your Profile page.

Your Goals

[Choose My Goals](#)

We can help you with daily living activities, tell us what you would like help with and let us help you achieve your goals. Selecting an option below will open a pop-up with more information and next steps.



Open jars more easily

[Remove goal](#)

[View Options](#)[Update Goal](#)

We recommend revisiting the site and retaking the LifeCurve goal once a month to track your progress and explore other available goals that can support you to age well.