

How to update the iPad App

The *StandingTall* app undergoes regular updates to include features that improve its usability and function. To set up automatic updates on your iPad, follow the guide below.

Go to Settings from your home page, the icon is a grey cog wheel.



On the left-hand side of the settings page, tap 'App Store'.



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On the right-hand side of the screen, under 'Automatic Downloads', locate 'Updates'. There are two toggle switch buttons, please tap these to activate automatic app updates. Automatic updates are activated when the toggle switch shows green.



If you are not connected to a WiFi network, and are using a sim card, please activate the same toggle switch button for 'App download' found directly under 'Mobile Data'.

If you experience any technical issues, please refer to the Resources page <https://www.standingtall.org.au/resources/> as a first point of call. There are several resources on there, including program safety guidelines, technology use, information on healthy ageing and additional falls prevention advice.

If your current health and well-being changes, we recommend you seek advice from a health professional before continuing or restarting with the program.

Once again, thank you for participating in the StandingTall-er study and contributing to falls prevention research. If you would like to stay informed about the outcomes of the study, please join our mailing list which you can access from our website.