



The OL@OR@ app was implemented within the Matua Lelei group, an existing programme for Pasifika elders. This 12-week initiative brought 24 participants from diverse Pacific ethnicities together, with an average age of 56.92 years. The programme featured fortnightly face-to-face meetings, complemented by off-week check-ins.

*“I love the app because it encourages me to move. The physical, walking around, cooking, everything in the app was good, I love those things.”*

The Matua Lelei group found that through using the app and being empowered to make mindful health decisions, their holistic wellbeing improved.

Notably, there was a significant increase in participants' self-rated health. Matua reported improved awareness of their exercise and nutrition needs, often making healthier choices as a result.

The OL@OR@ app integration into Matua Lelei yielded positive outcomes for participants and staff. Key strengths included cultural relevance and integration with existing services. While some technology challenges were identified, the programme successfully improved general wellbeing among participants.

