

GetSetUp Fact Sheet

November 19, 2025

GetSetUp Overview

GetSetUp is a peer-to-peer learning platform designed for older adults, offering thousands of interactive classes led by instructors who are also older adults. The platform provides a diverse range of topics, including:

- Health & Wellness – Fitness classes, meditation, nutrition, and cooking and meal prepping on a budget
- Technology Training – Helping older adults stay connected via Zoom, social media, and smart devices, including classes on how to operate devices, organize e-mail inboxes, and send pictures via text message
- Creative & Business Skills – Art, writing, and small business workshops
- Social & Travel Clubs – Encouraging exploration and connection with like-minded individuals who appreciate history, architecture, culture, and languages
- Outdoors & Gardens – Crafts, gardening classes that vary based on the season, and outdoor appreciation groups

Eligibility

Consumers have to have limited access to the community as identified by their case manager, and be receiving in-home services per [OAR 411-030-0040](#) (does not include State Plan Personal Care, Oregon Project Independence, and Oregon Project Independence - Medicaid).

Referrals

- Case managers can provide the direct link to consumers:
<https://www.getsetup.io/partner/oregon>
 - Consumers set up an account and register for classes and can take as many as they would like!

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