

# GetSetUp – Free Online Classes

May 6, 2026

## Referrals and Questions

**There is no approval process needed!** Case managers can provide this direct link to consumers, who can create their own free account: [www.getsetup.io/partner/oregon](http://www.getsetup.io/partner/oregon).

Individuals can call the GetSetUp help desk at 1(888)-559-1614 for help logging in, creating accounts, and joining classes.

## What is GetSetUp?

GetSetUp is a website designed for older adults, offering thousands of interactive classes led by instructors who are also older adults. The platform has a wide variety of classes, including:

- **Health & wellness** – Fitness classes, meditation, nutrition, and cooking and meal prepping on a budget, and chronic disease management.
- **Technology training** – Helping older adults stay connected via learning how to use Zoom, social media, and smart devices. Includes classes on how to operate devices, organize e-mail inboxes, and send pictures via text message. Also includes classes on how to be aware of scams, and cybersecurity.
- **Creative and business skills** – Art, writing, and small business workshops.
- **Social and travel clubs** – Encouraging exploration and connection with like-minded individuals who appreciate history, architecture, culture, languages, and more.
- **Outdoors and gardens** – Crafts, gardening classes, journaling, and other classes that vary based on the season, and outdoor appreciation groups.

## Eligibility

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

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