

Expert series



***Supporting older people in prison:
ideas for practice***

Examples of regional and local
Age UK services

Document purpose To advise commissioners on services for older prisoners and older ex-offenders available from Age UK and local Age UKs.

Title Supporting older people in prison: ideas for practice.

Publication date June 2011

Target audience Commissioners of prison services, prison governors, senior managers in prison, regional and local Age UKs.

Description This document:

- provides accessible information on how Age UK can assist the prison service and health and social care providers for older people to fulfil their duties under the Equality Act 2010, and the HMIP review, Time Out of Cell
- presents a range of services for older people in prison that local Age UK organisations provide in partnership with prisons and providers of prison health and social care services
- quotes local Age UK staff working with older people in prison, bringing to life the impact of services on their health and wellbeing.

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Acknowledgements Many thanks to those local Age UKs that have shared service examples. Many thanks also to the following organisations who have advised us in the development of the guide: Action for Prisoners’ Families, FaithAction, Nacro, Prison Reform Trust, Resettlement and Care of Older Offenders and Prisoners (RECOOP), Restore 50plus and Robin Cowen Consultancy Ltd.

This booklet is funded by the Department of Health as part of the Third Sector Strategic Partners Programme.

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1 *Introduction*

Older prisoners are a significant and rapidly growing minority within the prison population, often accommodated in a regime designed for young and able-bodied people.

The Equality Act 2010 enforces a duty on all public-sector bodies to promote age equality. The prison service, working in partnership with other voluntary organisations and local Age UKs, can provide effective services that address the needs of older people.

Reason for this guide

Any person held in prison aged 50 years and over may be considered to be an 'older prisoner.' Though the age at which a person is considered to be 'older' is usually 60 or older, there is evidence that many prisoners in their 50s and over have a physical health status ten years greater than their contemporaries in the community.¹ Older prisoners are a significant and rapidly growing minority within the prison population. Currently almost one in ten people in prison is aged 50 years or over, including more than 600 aged over 70.² They are scattered throughout the prison estate, though many are held in high security or vulnerable prisoners' units. The vast majority are male.

Older prisoners are the fastest-growing section of the prison population. The number of sentenced prisoners aged 60 and over rose, for example, by 119 per cent between 1999 and 2009,³ yet none of the systems within the prison are designed with older prisoners in mind. This will need to change significantly to meet the requirements of the Equality Act 2010.⁴

If current trends continue there are likely to be more than 10,000 older offenders in prison by 2014.⁵

There is no 'elderly crime wave'. Rather, harsher sentencing practices, technological advances in detection (e.g. DNA evidence), changes in social attitudes to older people, and a growing number of people who have entered old age in the course of their sentences have resulted in a 'stacking' effect.

Prison is a poor place in which to grow old. The physical environment is often inadequate. Offending behaviour programmes and release and resettlement programmes are designed to meet the needs of younger people, which means that older prisoners suffer age discrimination.

Evidence of health and social care needs of older prisoners

Evidence of the health needs of older prisoners has been available for more than ten years.⁶ Recent research by Staffordshire University,⁷ for example, revealed that 48 per cent of older people in four prisons had at least one diagnosable mental health condition, excluding personality disorder. Most had some kind of physical health problem.

In 2004 HMIP published a report called '*No Problems – Old and Quiet: Older prisoners in England and Wales*', which was supplemented in 2008.⁸ In 2007, Care Services Improvement Partnership commissioned the University of Birmingham to undertake a review of adult social care in prison and to develop a strategic framework for its improvement.⁹ More recently, Prison Reform Trust has published a report, *Doing Time: Experiences and needs of older prisoners*.¹⁰ A toolkit has also been available as a guide to working with older prisoners since 2007, and Nacro has recently published detailed guidelines and training materials for staff working with older prisoners.¹² These documents provide evidence that older prisoners:

- are accommodated in a regime designed for and largely inhabited by young and able-bodied people
- are a largely compliant population
- experience poor levels of engagement between prisons and local agencies, especially local authority social services departments
- lack any explicit policy or guidance that supports effective commissioning for their needs, resulting in confusion across the system as to who is responsible for what
- are supported by prison staff who are untrained in the needs of older people
- suffer high levels of chronic health problems that affect their ability to cope in prison and in the community, particularly mental health problems such as depression.

Prison staff are in effect primary carers to many older people in prison.

Without adequate support, tailored to their needs, older prisoners are at risk of social exclusion and re-offending.

For some, the routines of prison life and close proximity to health services can provide a measure of security that is not available in the community. But for many, their time in prison is spent in a limbo of inactivity. Her Majesty's Inspector of Prisons' short thematic review, *Time Out of Cell*,¹³ recommended that a minimum of ten hours a day should be spent out of cell by all prisoners as a Key Performance Target, and that adequate opportunities for stimulation be provided besides television in cell. Its recommendations were based on findings that showed that most prisoners spend much less time than this out of their cells in education or employment. Older people in prison, some of whom are retired or unable to take part in these activities, are particularly likely to remain all day inside their cells with little or no occupation or stimulation, and at a risk to their health. Few prison cells are adapted to the needs of older or disabled people in prison.

*Many of the older prisoners were not working, partly due to bad health, but were just sitting around in their cells or wandering the wing most of the day.*¹⁴

For many older prisoners, release offers even greater problems. Some will leave prison in late old age after having lived in an institution for many years. They will never have used plastic cards, mobile phones or the internet. Some will have difficulty in reading and writing. The procedures for accessing housing, pensions or income on release from prison can be bewildering. A significant number will have lost their homes and families, or will find it difficult to find affordable accommodation, or return to areas where they are known. Resettlement grants are not adequate to pay for accommodation; many will not previously have been able to claim a pension. These problems are often closely linked and self-perpetuating.

In order to reduce the likelihood of these older prisoners re-offending, it is imperative that those services that best aid rehabilitation – health and social care support, housing and pensions advice, education and training – are made available to them, both in prison and crucially following release. It is also imperative they work together.

Current policy environment

Older prisoners are entitled to the same levels of care as anyone else in the community.

The needs of older prisoners are not well met by current national policy, and there is no national strategy or guidance relating to general welfare of older people in prison. PSO 2855, *Prisoners with Physical, Sensory and Mental Disabilities*, contains a chapter on older prisoners, but is largely focused on their health and mobility needs in the prison environment. It expects that 'reasonable adjustments' will be made to meet them. The Green Paper, *Breaking the Cycle: Effective punishment, rehabilitation and sentencing of offenders*¹⁵ makes no mention of older prisoners. Social care provisions for older prisoners and on release are minimal and suffer from a lack of national guidance. Social care is seen as the province of health services.

The Equality Act 2010 outlaws harmful age discrimination in the provision of goods and services, and enforces a duty on all public-sector bodies to promote age equality.

Age UK acknowledges that many older prisoners have been found guilty of serious crimes, and that the public has a right to expect protection from them where this is appropriate; but equally this is not a reason for them to receive sub-standard support. We would like to see better care, resettlement and rehabilitation of offenders and ex-offenders, through the provision of support services, advocacy, financial advice, mentoring on issues such as employment and training, and advice on housing and health. This support enables older prisoners to take control of their lives on release, helps to prevent re-offending and reduces the risk of these older people becoming socially excluded.

Role of Age UK and local Age UKs

Age UK supports a national body, the Older People in Prison Forum, and is represented on the Older Prisoners' Action Group at the Department of Health. Some local Age UKs work closely with the prison service in partnership with health and social services and other voluntary organisations, including the Prison Reform Trust, Nacro, Action for Prisoners' Families, FaithAction, Independent Monitoring Boards, Restore 50plus, RECOOP, the Royal British Legion, SSAFA, and Combat Stress (contact details are available on pages 30–31 of this guide).

The work of local Age UKs can provide positive and cost-effective contributions to the 'dynamic security'¹⁶ of the prison and can support prison audit measures. Local Age UKs can complement the work of equality officers, resettlement teams and prison health care services, primary care trusts and local authority social services. They can help the prison meet its Key Performance Target of at least ten hours a day out of cell during weekdays. Through Older Prisoners' Forums, local Age UKs can help older people in prison to play an active role in improving the quality of the prison regime.

The range of services to older people in prison delivered by local Age UKs includes regular dedicated services within the prison, as well as:

- day services or an in-reach service
- tailored advice on benefits, pensions, housing, health and other matters to individual prisoners and prison officers
- healthcare services in prison, for example, nail-cutting services or advice on diet and exercise
- advocacy for individual prisoners who may find it difficult to raise concerns
- social groups that help to promote older prisoners' sense of wellbeing and better mental health.

They also include awareness-raising facilities, such as:

- links to Age UK's substantial information resources
- training on awareness of older people's needs, applied to the prison service.

Age UK staff and volunteers working in prisons are all subject to vetting by the prison service and work within prison service rules and guidelines.

How to use this guide

This guide will be a useful resource to commissioners seeking to address the needs of older people in prison, in particular their social needs and preparation for release.

The guide is divided into a number of distinct themes according to how local Age UKs may be able to help the prison service and other agencies involved in providing support to older people in prison.

Many local Age UKs offer a range of services, including information and advice on benefits and money, social care, housing options, and local services and support. Information and advice for older people in prison, where provided, ranges from literature to a personal assessment of needs and through-the-gate services. Some, such as that provided through Older Prisoners' Forums, are more specialised.

Services for older prisoners do not have to be large and expensive. Information leaflets are provided free of charge (see Section 4, pages 26–28).

At the end of each theme is a list of some of the local Age UKs that have current experience of providing services in those areas. Full contact details are printed at the end of the guide, as well as regional contacts. There is also a description of Age UK information guides and factsheets that cover issues such as money, health, housing, and social care, and a list of some of the other providers of services for older prisoners.



2 Themes

The following themes show how local Age UKs and Age Concerns may be able to help the prison service and other agencies involved in providing services to older people in prison.

Theme 1: Time out of cell

Theme 2: Providing information, advice and advocacy

Theme 3: Supporting health and wellbeing

Theme 4: Through-the-gate services

Theme 5: Participation in the prison regime: senior forums

Theme 1: Time out of cell

‘It all goes slowly, slowly inside... you’re in another world.’¹⁷

Older prisoners, particularly when they retire or are unable to work for other reasons, can find themselves with little to do, and are likely to remain in their cells for much of the day. This can have a negative impact on their mental and physical health. Dedicated space and time helps to redress older people’s anxieties about mixing with younger people in prison. Social groups encourage cognitive skills through activities such as quizzes and talks, and physical activity by walking to and from sites.

Some local Age UKs provide a wide range of day services, including talks, crafts, games and quizzes. Often the greatest advantage comes from simply being ‘off the wings’. Age UK Norwich, for example, offers a visiting service to frail and disabled older people in prison serving life sentences. Age UK Nottingham & Nottinghamshire, Age UK Stafford & District, and Age UK Hull provide a varied programme of speakers, games, outdoor activities and life-skills training.

‘We all have a good laugh.’

(Staff member, Age UK Hull, HMP Hull)

‘One chap said to me, “I do so look forward to our Scrabble games each week.” He doesn’t have any other visitors.’

(Staff member, Age UK Norwich, HMP Norwich)

Benefits and outcomes of services

- Time out of cell is a Key Performance Target – ten hours a day during weekdays.
- Social groups allow for purposeful activity and offer crucial opportunities for rehabilitation.
- Social opportunities are critical to improving the mental health and wellbeing of prisoners.
- Older prisoners, particularly if they are retired or frail, have fewer opportunities and fewer incentives to take up activities outside their cells.
- Older prisoners are able to learn basic skills that will help them cope with entry to the community, such as preparation of simple meals.

‘Prison – it’s in your head.’¹⁸

Local Age UKs working to this theme include:

Age UK Stafford & District: Day Care, Day Service

Age UK Norwich: Social Support Project

Age UK Hull: Older Prisoners’ Social Group, part of the Locked Out Project

Age UK Nottingham & Nottinghamshire:
Older People’s Activities and Learning Project.

(See Section 3 for full contact details.)

Theme 2: Providing information, advice and advocacy

Everyone needs good information and advice if they are to live independently. Older prisoners especially need information about many things people in the community take for granted – how to use online banking or apply for bus passes, for example. They may leave prison past the age of retirement having never claimed a pension or benefits, or they may have to re-apply for them. They may have to cope with responsibility for managing their own home or a tenancy agreement. While in prison they may have concerns about making a will, or the welfare of family members. Often they have no idea who to contact on release, what they are entitled to, or who can help them.

Information and advice can be provided directly to prisoners, in person or with the help of Age UK information guides and factsheets. It can also be provided to prison staff and others who are working with older people in prison to help them in their work. Please see Section 4 for more details.

Age UK produces over 100 information guides and free factsheets that address issues such as claiming benefits and pensions, tax, care at home, staying healthy and accessing health care, help with disabilities and help with continence, and making a will. The information in them can support group education or can be used to support individual preparation.

Age UK Leicester Shire & Rutland has worked with the Resettlement Team at HMP Leicester to develop an information pack for all people aged 50 and over accommodated in the prison.

Age UK Hull is working with prison staff and service users to develop a wing timetable for older prisoners new to wings, to be provided on arrival.

Some older prisoners may need an advocate, when making applications, or when requesting equipment such as wheelchairs, for example. Those who have literacy and numeracy problems are especially disadvantaged without someone to help them or advocate for them.

‘How else are they going to know about things like pensions if someone doesn’t tell them?’

(Staff member, Age UK Stafford & District, HMP Stafford)

‘There needs to be ongoing training for prison staff so that they have a better understanding of the older inmates.’

(Age UK staff, Age UK Leicester Shire & Rutland, HMP Gartree)

Benefits and outcomes of services

- Helps resettlement programmes to meet the needs of older prisoners.
- Informs prison staff with pensions, benefits, housing, health and care needs affecting older prisoners.
- Local Age UKs can provide important information and contacts to help inform older people in prison and prison staff.
- Supports through-the-gate services to provide access to timely, accurate, useful and accessible information that is relevant and useful to older prisoners and prison staff.
- Advocacy can help some older people in prison to express their needs effectively and improve mental health and wellbeing.
- Advocacy can improve communication between older people in prison, prison staff and the prison regime generally.
- Support to older prisoners can be delivered in locations within the prison that are accessible for prisoners with mobility problems.
- Can help prisoners access aids such as wheelchairs, or advocate for the installation of grab rails.

Local Age UKs working to this theme include:

Age UK Hull: Prison In-reach Service, part of the Locked Out Project

Age UK Norwich: Prison In-reach Service

Age UK Bristol: Prison In-reach Service

Age UK Leicester Shire & Rutland: Evergreen 50+ Project

Age UK Stafford & District: Day Service Project

Age UK Nottingham & Nottinghamshire:
Older People’s Activities and Learning Project.

(See Section 3 for full contact details.)

Theme 3: Supporting health and wellbeing

Older prisoners tend to be relatively undemanding and are more likely to 'suffer in silence' than younger prisoners. They are entitled to the same levels of care as their counterparts in the community. Reluctance to speak out about health problems can be due to fear of bullying or stigma, difficulties in communication, mistrust of the regime or a generalised attitude of stoicism that is shared by many older people, especially towards mental health problems such as depression. As a consequence, unless looked for, many chronic health problems can go unrecognised, with detrimental effects on the prisoner's health and their ability to cope on release.

Local Age UK services can support the health of older prisoners in many ways. Direct interventions such as toenail-cutting can greatly improve the ability of some older people in prison to remain mobile. Some local Age UKs have worked with gym facilities to provide Nintendo Wii or other suitable activities. Social activities generally help provide mental stimulation, opportunities for exercise, education and recreation, and a relief from what may otherwise be a monotonous routine.

Buddy schemes recruit, train and monitor selected prisoners to offer practical one-to-one help to disabled older people in prison, thus enabling them to take on a responsible role under supervised conditions and to enable older disabled prisoners to take a fuller part in the regime. Buddy schemes help the prison to meet requirements of the Equality Act 2010. The sort of help offered by buddies can include: helping to collect meals, deliver applications, and cleaning cells. Buddies do not provide personal care.

'A prison can be a difficult place to get around in. The stairs are steep and narrow. Some of them were built in the 19th century.'

(Age UK staff, Age UK Leicester Shire & Rutland, HMP Leicester)

Benefits and outcomes of services

- Supports and extends Prison Health Services.
- Helps the prison fulfil its duties under the Equality Act 2010.
- Can help prisoners access aids such as wheelchairs or advocate for the installation of grab rails.
- Buddies provide essential and carefully managed support to disabled prisoners.
- Buddies are formally recruited and supervised and provided with a responsible job under appropriate supervision.

Local Age UKs working to this theme include:

Age UK Hull: Buddies, part of the Locked Out Project

Age UK Leicester Shire & Rutland: Evergreen 50+ Project

Age UK Norwich: Social Support Project

Age UK Stafford & District: Day Service

Age UK Nottingham & Nottinghamshire:
Older People's Activities and Learning Project.

(See Section 3 for full contact details.)

Theme 4: Through-the-gate services

Many older prisoners need help to prepare for release. Some will have served long sentences and lost all contact with their families and communities, or the conditions of their release will prohibit them from making contact. Life inside prison is nothing like life 'on the out'. Without adequate preparation, they can find it hard to cope.

Advice that is given to younger prisoners is often of little use to people who are retired and who need tailored help and advice. Group settings may not provide the right environment in which to discuss pensions or care needs. Probation services are dedicated primarily to ensuring that ex-offenders meet the conditions of their release.

The families of older prisoners can also suffer as a consequence of a jail sentence. Some older people in prison have been carers to vulnerable family members; others were breadwinners or the owners of property. Those with disabilities will need adapted accommodation on release, and in some cases specialist care, including community care assessment by social services.

Some local Age UKs support prisoners in their release training in the community. Age UK Burton on Trent involves older prisoners as volunteers in a tea-bar service in the visitors' room at HMP Sudbury (open prison).

'I make contact with every older prisoner who comes in. That can be in cell or it could be in education and workshop settings. I work very closely with the Equality Officer.'

(Staff member, Age UK Bristol, HMP Bristol)

'A lot of the guys who come in have left families behind. They worry more than you'd think about how things are at home. I helped one family get re-housed because they were getting hassled by the neighbours... I helped another get the Attendance Allowance they were due.'

(Staff member, Age UK Bristol, HMP Bristol)

'[Older prisoners] pick up a lot of misconceptions about what to expect when they get out. Some hear scare stories. We try to allay their fears, give them some practical information that they can use.' (Age UK staff, Age UK Bristol, HMP Hull, HMP Dartmoor)

'We are able to make an effective referral when a prisoner is released.' (Age UK staff, Age UK Lancashire, HMP Wymott)

Benefits and outcomes of services

- Informs and extends the work of the Equality Officer, Probation and Resettlement teams.
- Provides access to tailored advice and information in preparation for release, such as how to apply for benefits and housing entitlements.
- Helps to allay concerns facing older prisoners approaching release, for example, talking about what the experience of living in hostel accommodation will be like.
- Supports liaison with offender management teams inside prison and in the community and assists with communication.
- Acts as onward referral to support services in community health and social care.
- Helps to access equipment for individual prisoners, such as wheelchairs.
- Provides advice on how to use systems that may be unfamiliar.
- Some services can act on older prisoners' and their families' behalf to negotiate with or refer to housing and finance agencies (strictly within the Offender Management framework).

Local Age UKs working to this theme include:

Age UK Bristol: Prison In-reach Service

Age UK Hull: Prison In-reach Service, part of the Locked Out Project

Age UK Norwich: Prison In-reach Service

Age UK Lancashire: HMP Wymott Befriending Service

Age UK Stafford & District: Day service

Age UK Nottingham & Nottinghamshire:
Older People's Activities and Learning Project

Age UK Burton on Trent: Sudbury Tea Bar.

(See Section 3 for full contact details.)

Theme 5: Participation in the prison regime: senior forums

Older prisoners or senior forums have become a part of the regime in a number of prisons and are being developed in various forms in others. Age UK has been involved in the development and support of these forums in the south-west of England and elsewhere since July 2008.

Older prisoners' forums are managed according to a formal constitution and officers are democratically elected. Regular meetings are held according to an approved agenda. They are overseen by prison staff but are managed by older people themselves. Some forums have become formally affiliated to local and national older people's forums in the community. A constitution and processes to elect officers are developed with the prison service and publicised. Regular meetings are held according to an approved agenda. Guest speakers may be invited. Topics can be of specific interest to older people in prison (e.g. benefits and pensions advice) but may also be of general interest. They can raise issues and seek to influence and advise, but they are not a union and cannot make demands.

Forums may take other forms, such as prison-wide Measuring Quality of Prison Life (MQPL) meetings as well as wing-based general consultation meetings to which buddies and disability reps can be invited, as well as dedicated senior forums.

'During the last six months I have been amazed at just how many problems have been brought to the attention of the forum and how instrumental such a vehicle can be in dealing with them. Problems such as conditions and circumstances within the prison as well as personal and financial problems of those looking forward to release.'

Older prisoners' forums are currently operating in HMP Leyhill, HMP Channings Wood, HMP Dartmoor, HMP Shepton Mallet, HMP Hull and also in HMP Gartree. Other forums are being developed at Local prisons (e.g. HMP Exeter and HMP Bristol).

Age UK South West Regional Office has expertise in developing senior forums in a number of prisons and is able to offer advice – see contact details in Section 3.

Benefits and outcomes of older prisoners' forums

Senior forums help to promote positive citizenship via constituted, democratic bodies. Participation in running the forum can help to de-institutionalise older prisoners and assist their reintegration into mainstream society.

Forums help commissioners, managers and policy makers to consult user groups through a representative body (e.g. health surveys).

Local senior forums have successfully drawn attention to issues of:

- health
- catering
- exercise facilities
- use of garden gym areas
- prison clothing
- noise
- bullying
- pay.

At a national level, forums have drawn attention to:

- standardisation of routine in all prisons within a certain category
- earlier delivery of essential reports such as Offender Assessment System (OASys) for consideration by the inmate for accuracy
- a review of security arrangements for escort to hospital or funerals
- pre-release preparation.

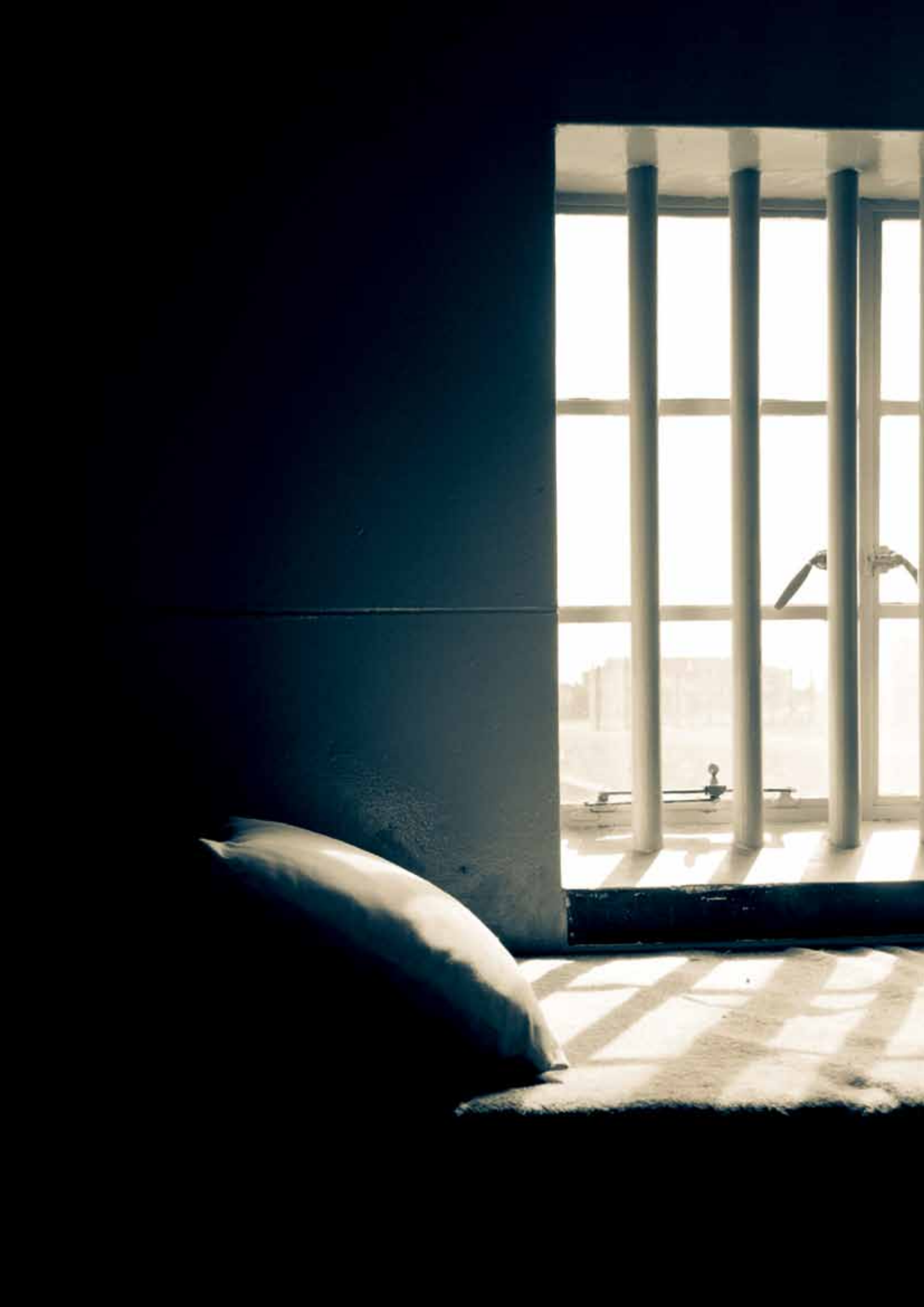
Local Age UKs working to this theme include:

Age UK (South West Region) & RECOOP: senior forums

Age UK Hull: Buddy meetings and attendance at Measuring the Quality of Prison Life (MQPL), wing meetings, part of the Locked Out Project

Age UK Nottingham & Nottinghamshire: Older People's Activities and Learning Project in HMP Whatton serves as a forum for prisoners who are retired on grounds of age or disability.

(See Section 3 for full contact details.)



3 *Local and regional contacts*

The following list is of local Age UKs that have current experience of providing services in the themes addressed in this guide.

Local Age UK contacts

Age UK Bristol

Alicia Webster
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Eastern

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South West

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4 *Age UK information guides and factsheets*

Age UK offers a comprehensive range of information guides and factsheets that are a resource for prisoners as well as prison staff and other providers who are working in the field.

Age UK guides cover eight topic areas, each dedicated to key life issues:

- money
- health
- housing
- social care
- consumer issues
- end of life
- legal, employment and equality
- general.

Age UK information guides cover a range of situations that reflect different issues in the real lives of older people, such as keeping fit and healthy or losing a partner. These issues can mean that people are suddenly faced with complicated decisions and do not always know where to turn.

The money guides include:

- *Tax guide*
- *More money in your pocket: a guide to claiming benefits for people over pension age*
- *Managing your money*
- *Tracing lost assets*
- *Money matters*
- *Housing options*
- *Adapting your home*

The health and housing guides include:

- *Managing incontinence*
- *Staying steady* (how to improve your strength, balance and mobility)
- *Going into hospital*
- *Health services*
- *Healthy living*

End-of-life, legal, employment and equality booklets include:

- *When someone dies*
- *Looking after someone else's affairs*
- *Help with legal advice*
- *Wills and estate planning*

The guides can be used to support group education or can be used to support individual preparation.

To order free information guides, please call our free phone service, Age UK Advice, on 0800 169 65 65.

There is no limit to the quantity that you can order, and postage and packaging is free.

5 *Other resources and providers of services for older prisoners*

The following organisations provide a wide range of support and resources across the prison service and in the community.

Action for Prisoners' Families

(www.prisonersfamilies.org.uk)

Older prisoners are part of family networks as much as younger people are. APF represents the views and experiences of its members – organisations providing direct services to the families of people in prison – as well as of families themselves. APF supports the development of new and existing services, promotes good practice on working with prisoners, their children and families both in prison and in the community, publishes information, influences policy and raises awareness of the impact of imprisonment on children and families.

Combat Stress

(www.combatstress.org.uk)

Delivers dedicated treatment and support to ex-service men and women with conditions such as Post-traumatic Stress Disorder (PTSD), depression and anxiety disorders.

FaithAction

(www.faithaction.net)

A national network of faith-based and community organisations. FaithAction includes more than 1,000 organisations, ranging from those that are involved in some sort of social action to those that are delivering public services. A number of members work with ex-offenders to provide mentoring services, so that when they are released from prison they have guidance and support.

Independent Monitoring Boards

(www.justice.gov.uk/about/imb.htm)

Independent Monitoring boards (IMBs) comprise a group of ordinary members of the public who are independent, unpaid and work an average of two to three days per month. Their role is to monitor day-to-day life in their local prison or removal centre and ensure that proper standards of care and decency are maintained.

Nacro

(www.nacro.org.uk)

The leading charity in England and Wales dedicated to making society safer by reducing offending. Each year Nacro helps over 90,000 people through 300 projects across England and Wales. Nacro combines services to individuals and communities with campaigning: lobbying for better ways to reduce crime, while demonstrating how this can be done in practice. Nacro have also published a resource pack for Working with Older Prisoners and Working with Older Prisoners workshop, which contains information on the needs of older people in prison and guidance on activities and training materials for prison staff.

Prison Reform Trust

(www.prisonreformtrust.org.uk)

An independent charity working to create a just, humane and effective penal system. The charity examines the way prisons are working, gives information to prisoners, staff and people outside and promotes positive change within the penal system. It has published a number of influential reports on older people in prison, including *Doing Time: Good practice with older people in prison – the views of prison staff*.

Restore 50plus

A voluntary peer-led support network with faith-based concepts of responsibility, reconciliation and restorative justice. It was founded in 1996 by a group of older people in prison at HMP Bedford. It has since supported over 350 older serving and former prisoners by offering befriending and support throughout the UK, and also overseas.

Resettlement and Care of Older Offenders and Prisoners (RECOOP)

(www.acoop.org.uk)

Promotes the care, resettlement and rehabilitation of offenders and ex-offenders. It provides support services, advocacy, financial advice, mentoring on issues such as employment and training and advice on housing and health that will enable them to take control of their lives, remain free from offending and prevent them from becoming socially excluded. RECOOP developed out of the Age Concern Older Offenders Project (ACOOOP), and is part of Bournemouth Churches Housing Association

Royal British Legion

(www.britishlegion.org.uk)

Helps serving and ex-service personnel and their families. It provides welfare services, including direct help to older people in prison in the form of aids and equipment, advice and information and, in some cases, help with resettlement.

Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help

(www.ssafa.org.uk)

A national charity that helps and supports former and currently serving members of the armed forces and their families. It provides health and social care, housing and in-reach services to ex-offenders on release as well as pre-release preparation.

Notes

- 1 Prison Reform Trust (Dec 2010) *Bromley Briefings Prison Factfile*, available at: www.prisonreformtrust.org.uk/Portals/0/Documents/FactfileDec10small.pdf
- 2 Prison Reform Trust (Dec 2010) *Bromley Briefings Prison Factfile*, available at: www.prisonreformtrust.org.uk/Portals/0/Documents/FactfileDec10small.pdf
- 3 Prison Reform Trust (Dec 2010) *Bromley Briefings Prison Factfile*, available at: www.prisonreformtrust.org.uk/Portals/0/Documents/FactfileDec10small.pdf
- 4 See www.legislation.gov.uk/ukpga/2010/15/pdfs/ukpga_20100015_en.pdf
- 5 See www.acoop.org.uk
- 6 See, for example, S. Fazel et al. (2001) 'Health of Elderly Male Prisoners Worse than the General Population, Worse than Younger Prisoners', *Age and Ageing*, 30: 403–407
- 7 N. Le Mesurier et al. (2010) *A Critical Analysis of the Mental Health Needs of Older Prisoners*, Staffordshire University & South Staffordshire Primary Care Trust, available at: www.nicklemesurier.org/old-age-in-prison.html
- 8 HMIP (2008) *Older Prisoners in England and Wales: A follow-up to the 2004 thematic review by HM Chief Inspector of Prisons*
- 9 See www.hsmc.bham.ac.uk/research/pdfs/Prison_Social_Care.pdf
- 10 F. Cooney and J. Braggins (2010) *Doing Time: Good practice with older people in prison – the views of prison staff*, London: Prison Reform Trust
- 11 Department of Health (2007) *A Pathway to Care for Older Offenders: A toolkit for good practice*, available at: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_079928
- 12 Nacro (2009) *Working with Older Prisoners Workshop, and A Resource Pack for Working with Older Prisoners*, London: Nacro, available at: www.nacro.org.uk/news-and-resources/publications/training-pack-for-working-with-older-prisoners,9,NPU.html
- 13 HMIP (2007) *Time Out of Cell: A short thematic review*, available at: www.justice.gov.uk/inspectorates/hmi-prisons/docs/time-out-of-cell-rps.pdf
- 14 Extract from the Newsletter of the Over 50s Club, HMP Dartmoor
- 15 Ministry of Justice (2010) Cm 7972, available at: www.justice.gov.uk/consultations/docs/breaking-the-cycle.pdf
- 16 The 'dynamic security' of a prison depends as much on activities and relationships as it does on physical security. See HMIP (2008) *Time Out of Cell: A short thematic review*, London: HMIP, page 5
- 17 Older prisoner, cited in N. Le Mesurier (2009) 'Prison, It's in Your Head', *Inside Time*, 121
- 18 Older prisoner, cited in N. Le Mesurier (2009) 'Prison, It's in Your Head', *Inside Time*, 121
- 19 Extract from an article 'From Hell To ACOOP: A journey of a lifetime in only 18 months', published on Age Concern Older Offenders Project (now RECOOP) website: www.acoop.org.uk/pages/home/service_users_voices.php

Expert series

The Age UK expert series is for people influencing, designing, commissioning and delivering services for later life. The reports present evidence, lessons from experience and practical solutions.

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Published in June 2011

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is 207–221 Pentonville Road, London N1 9UZ. Age Concern England (registered charity number 261794) and Help the Aged (registered charity number 272786), and their trading and other associated companies merged on 1 April 2009. Together they have formed the Age UK Group, dedicated to improving the lives of people in later life. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI and Age Cymru.

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