



# AGE BETTER BUCKS

For connection, independence  
and support

**AGE BETTER  
BUCKS IS HERE  
TO HELP.**

**As we get older, everyday experiences can change. At times, you may want a little extra support to build connections, boost confidence, or find the right help when you need it.**

Email us: **Agebetter**  
**@agebetterbucks.org.uk**

**01296 846099**

## **ABOUT OUR SERVICE**

One of our friendly Community Support Connectors can pay you a visit at home to talk about what matters to you and explore ways to support your health, wellbeing, independence and social connection.

We take time to understand your situation, your strengths and your goals, then work with you to create a personalised plan focused on what is important to you.

**Helping YOU to stay independent, connected & well**

## HOW CAN WE HELP?

Together, we can support you with:

- **Building connections and community**
- **Adapting to health or mobility changes**
- **Growing confidence and independence**
- **Coping with bereavement and unexpected life changes**
- **Finding local groups and activities**
- **Getting online and using technology**
- **Accessing advice and practical support**
- **Building routines and confidence**

## WANT TO FIND OUT MORE?

If you think you or someone you know might benefit from this service, you can refer into the service by  
Calling us on: **01296 846099**



Visit our website below or scan the QR code

## WHO DO WE HELP?

The service is for people aged 65 and over living in or registered with a GP in Buckinghamshire. If you are under 65 with long term health or frailty concerns you may also be eligible for the service. Please contact us for more information.

Service delivered by:



[ageuk.org.uk/buckinghamshire](https://ageuk.org.uk/buckinghamshire)

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