

Healthy living



Looking after yourself
physically and mentally

Information written with you in mind.

This information guide has been produced with the help of older people, carers and expert peer reviewers.

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What this guide is about

We could all benefit from being a bit healthier. And that doesn't have to mean working up a sweat or joining a gym – just a few small changes can make a big difference.

This guide can help you improve your health, regardless of your current health or circumstances.

The changes you might want or need to make to improve your health will be specific to you. They'll depend on your starting point and what you hope to achieve.

“Being active not only helps me physically, but it’s been so important for my mental health too.”



Theresa, 70

But whatever your reason for thinking about improving your health, this guide can help you decide what changes might work for you.

What works for you is likely to depend on your individual circumstances. For example, you may recently have been diagnosed with a health condition, or you might already be living with a health condition or disability. Or your circumstances may have changed – for example, you may have taken on a caring role or be living alone for the first time.

Whatever your circumstances, there’s information for you in this guide.

Next steps

It’s a good idea to find out the number for your local council. They’ll be able to provide a lot of the support and information mentioned in this guide.

My local council phone number is:

Eating and drinking

What we eat and drink becomes even more important as we get older. And it's good to remember that one person's nutritional needs can be very different from another's.

For most of us, it's about finding a balance that's enjoyable, manageable and sustainable, and which helps you maintain a healthy weight.

Keeping a weight that's right for you

As we get older, our weight can change. If you've noticed you've gained some unwanted weight, you might decide to eat a bit less and move a bit more. If you've noticed yourself losing weight, it's important to eat more.

Any unexpected change in your weight can also be a sign there's something else going on. If you're worried about a change in your weight, talk to a health care professional such as your doctor or practice nurse.

Good to know



Calories tell us the amount of energy there is in the food and drink we consume. If we consume more calories than we use, our bodies store the excess as fat, which over time may mean we put on weight. If however, we use more energy than the amount of calories we take in, we may begin to lose weight. The amount of calories we need to maintain a healthy body weight varies depending on age, sex and activity levels.

A balanced diet

Public health messaging tends to focus on weight loss, eating more healthy foods, and cutting down on less nutritious foods. While this won't be ideal, or even recommended for everyone, there are benefits for most people.

It's recommended that you:

...eat at least five portions of fruit and vegetables a day

Eating plenty of fruit and veg reduces your risk of developing heart disease and certain cancers, like bowel cancer. Frozen, canned or dried fruits and fruit juices all count. Don't be put off if you don't always reach your 'five a day' – two or three portions is better than none.

...base meals around starchy food

Starchy foods, like rice or pasta, are a good source of energy. Wholegrain and high-fibre versions are even better, as they help prevent constipation, too.



...eat fish at least twice a week

Having one portion of white fish (like cod or shellfish) and another of oily fish (like salmon or mackerel) each week is ideal. Oily fish is rich in vitamin D and a type of fat that helps reduce the risk of heart disease. Grilling, poaching or baking fish is healthier than frying it.

...eat different sources of protein

You could try alternatives to meat, such as beans, lentils or soya-based meat substitutes. Dairy products such as milk and cheese contain protein, too. They're also a good source of calcium, which helps to keep your bones strong. Try to go for lower-fat versions. If you eat meat, limit portion sizes of red meat or poultry, and choose lean cuts of meat or mince.

...cut down on foods that are high in salt, fat and sugar

Eating too much salt can increase your risk of high blood pressure and stroke. Look for lower-salt versions of foods where you can. Foods that are high in saturated fat, such as cakes, sausages and cheese, increase cholesterol levels in the blood and raise your risk of heart disease and stroke. Try to see these as a treat rather than as something you'd have day-to-day.

...drink about six to eight glasses of fluids each day

This doesn't have to be just water. Tea, coffee and low-sugar or sugar-free squash are fine, too. When it's hot, drink a little more to make sure you stay hydrated.

**“I have good and bad days,
I think everyone does though,
don't they? I just do what I can.”**

Sara, 79



If you've lost weight unexpectedly

As we get older, there are many reasons why we might lose weight without meaning to.

You might have a health condition that means you're not eating enough. Or there might be things going on in your life that mean you forget or feel too anxious to eat – such as caring for a loved one, worrying about money, or coping with low mood, depression or bereavement. Whatever the reason, there are things you can do to help yourself eat better and eat enough:

Eat what you can

If you're struggling to eat enough, then it's better to eat a bit of what you fancy than nothing at all. If the only thing you can face is a slice of cake, for instance, then you should have it. Calorie-rich, sugary foods can help you maintain your weight if you're losing too much.

Add more calories to meals

If you're finding it difficult to eat often enough, you could add things like full-fat milk, cream and butter to recipes. This is called 'fortifying' – and while it doesn't make your portion feel much bigger, it means you get more calories from fewer meals.

Good to know



Unplanned weight loss is something you should talk to a healthcare professional about. To make sure you're not losing weight without meaning to, it's a good idea to check your weight regularly. You can do this by weighing yourself or, if you don't have scales, keeping an eye on whether your clothes or rings feel looser.

Focus on protein

We all need protein – but, unlike carbohydrates and fats, our bodies don't store it. So, if you can, it's a good idea to have a source of protein (such as fish, meat, eggs or plant-based proteins) at each meal.

Eat in a way that suits you

Three meals a day might not work for you. Smaller meals or regular snacks might make eating more manageable, and might also mean you're able to eat more protein each day overall.

If you have difficulty chewing, try eating softer foods, such as yoghurts or scrambled eggs – or why not have a go at making smoothies? If you have difficulty chewing because of problems with your teeth or dentures, then speak to your dentist.

Explore other options

If you're having trouble cooking or cutting up food, speak to your GP or the social services department of your local council about what support might be available.

If you're finding it more difficult to do the shopping or carry shopping home, there might be local organisations or food delivery services that could help you.

Next steps

For more information about weight loss, you can order an **Eat Well in Later Life** booklet by calling **0800 169 65 65**.

Tips if you're cooking

Whether you're cooking for one or cooking on a budget, there are some things you can do that might help:

- Try planning your meals out for the week. This can help you use ingredients across different meals and minimise waste.
- Write a list. A shopping list can help you keep to a budget and stop you picking up bits you might not get round to eating before they go off.
- Keep some handy snacks in the cupboard for days when you don't fancy cooking. Even if you enjoy cooking, there might be times you just can't face it. Having things like baked beans and spreads in the cupboard is always handy.
- Make plans to eat with others. If you're not used to eating alone, it can put you off eating altogether. If you can, make plans to eat with friends or at a social club every so often.
- Find a cooking class. You may find yourself having to cook for the first time because of a change in your circumstances, such as a change in your partner's health. There are plenty of online cooking tutorials, or your local Age UK might be able to help with a local class. In Wales, contact your local Age Cymru.

Good to know



We could all do with some extra money in our pocket. See our **More money in your pocket** information guide to find out more or go online at www.ageuk.org.uk/benefits-check to check you're getting the benefits you're owed. In Wales, see Age Cymru's version of this information guide.

Diet in different circumstances

Lots of people choose to follow certain diets for different reasons. Whatever your preferences, it's important to ensure that you're getting the nutrients you need to stay well.

Vegetarian and vegan diets

These days, there are plenty of plant-based options and meat alternatives. This can make it easier and more affordable to follow a vegetarian or vegan diet. All care homes and hospitals should provide suitable options for you if you follow one of these diets.

If you go into hospital or a care home

You might be worried about how you'll manage to maintain your preferred diet if you go into hospital or move into a care home. But in both of these settings, you should be offered nutritious options that are suitable for you – taking into account any moral, religious or cultural requirements.

Tell the staff your preferences. Let them know if you need help with certain things, if there are foods you do and don't like, or if you follow a particular diet. You can also let them know things such as when you like to eat your main meal.

Good to know



If you're a carer, it can be particularly difficult to find the time to look after your own health. For specific information as a carer, see our guide **Advice for carers**.

It's important to keep an eye on your weight and make sure you're enjoying a balanced diet. There are specific organisations that can help you with this listed in the back of this guide (page 32-36).

Drinking

It's important to drink enough to avoid dehydration and make sure our bodies function as they should.

It's recommended that you aim to drink 6-8 cups of fluid a day – that's about 1.5 litres or 2.5 pints. It can be of any hot or cold drink, such as a cup of tea or coffee, glass of squash or juice, or soup or smoothie. It can also be made up of alcoholic drinks, such as a glass of wine or dram of whisky – but in moderation.

If you feel like you're not drinking enough

- Drink little and often. This can be easier than trying to drink a whole glass in one go.
- Make sure you have a drink at certain times of the day – either with meals or when you sit down for your favourite TV programme. And make sure you stay hydrated when the weather's hot.
- Try to eat foods with more water in them, such as fruit and veg, soup, jelly or yoghurt.
- Find a way to drink that works for you. This might mean using a straw, a bottle, or a cup with handles – whatever you prefer.

If you feel like you're drinking too much alcohol

- Try a few alcohol-free days during the week. It's sensible to spread what you do drink over the other days, rather than drinking a lot of alcohol in a single day. You shouldn't regularly drink more than 14 units of alcohol a week.
- Consider alcohol-free alternatives. You can get alcohol-free versions of lots of drinks, such as beer – or you might prefer to try a new soft drink.
- Talk to someone. This might be a friend or family member, your doctor, or one of the organisations listed in this guide.



Getting active

Being active is a great way to keep healthy – but what we're able to do can change as we get older. The best way to move more will differ from person to person, too. The most important thing is to find something that works for you.

The benefits of moving more

Whatever you're able to do, there are lots of benefits to being more active. It can:

- improve your mood
- reduce your risk of heart attack, stroke, diabetes, some cancers and other conditions
- help strengthen your bones and muscles and improve your balance
- reduce your risk of a fall
- manage high blood pressure
- help improve your range of movement and joint mobility.

This can mean you're able to stay independent for longer, as you'll be more able to do things like climb stairs, carry shopping, and get washed and dressed. You'll be in a better position to keep doing the things you enjoy, too – like hobbies, heading out socialising or going on holiday.

If you're just getting started

Getting active can seem daunting if you don't currently move much – so start small. It's always a good idea to build up your activity levels gradually. Lots of everyday activities count as exercise, so look for simple ways you can begin to move more that fit in with your daily routine.

Every step counts, even if it's just a few extra here and there. It's about moving more each day, in whatever way works for you.

You could start by:

- getting up and stretching if you've been sat down a while
- walking about when you're on the phone or during the adverts on TV
- walking to the shops instead of going by car or bus
- using stairs instead of lifts or escalators
- getting off the bus a stop earlier than usual and walking the rest of the way
- choosing a parking space a bit further away from the shops
- regularly walking around the block
- doing housework or gardening.

**“I make sure I do what I can,
even if it's just stretching
my arms for five minutes.”**

Arthur, 82



If you're ready to take the next step

Adding more physical activity to your day-to-day routine can help you do more – even if it's little and often – and keep you active for longer overall.

Being more active shouldn't feel like a chore, so it's important to find something to do that you enjoy. You might want to take up a new hobby – or revisit something you used to do. Finding something enjoyable can make it much easier to stick with.

You might want to try:

- things in your own home, such as climbing the stairs or mowing the lawn
- gentle chair-based exercises
- cycling, jogging or swimming
- sports such as tennis, squash or walking football
- joining a local dance class.

Good to know



Many smart phones and watches have built-in fitness and activity trackers which can track how many steps you take each day and log any exercise you do. Visit the NHS website (page 34) for physical activity guidelines for older adults.



If you're living with a health condition

Living with a long-term health condition can make being active more challenging – but it doesn't necessarily mean there aren't ways you can move more.

Find what works for you

While everyone should find activities that work best for them, there are certain considerations if you have a condition. These might include:

- where and when you can get active
- the symptoms of your condition
- the medical advice you've been given.

But the key is still finding an activity that you enjoy and can do.

It's OK to have an off day

Some days will be better than others. Some days, your body might be telling you that you need to do less or do nothing at all – and that's OK. The main thing is to be more active overall than you were before. Regular activity, however and whenever it suits you, really adds up.

Make the most of what's out there

There are lots of free tutorials online to help get you moving. You can do these from the comfort of your own home, or even out in the garden if you have one.

YouTube is a good place to start – you can find videos on lots of topics by visiting www.youtube.com or searching 'YouTube' online. Alternatively, if there's a specific charity supporting your condition, you could see if it recommends any specific activities on its website, or if there's a helpline to call for advice.

Get others involved

Some of us don't particularly enjoy getting active by ourselves – if that's you, why not ask a friend or family member to join in? They might be able to help you with certain activities you'd find difficult on your own and give you added peace of mind. Plus, it's a great opportunity to spend some time together.

“I hadn't been feeling myself for a while so I knew it was time to have a chat with the GP.”

Ruth, 76



Good to know



Talk to your doctor about increasing your activity levels to make sure you're doing so safely. For more information about being active if you live with a health condition, visit the We Are Undefeatable website www.weareundefeatable.co.uk.

Mental health

Feeling well isn't just about looking after yourself physically – it's about looking after yourself mentally, too.

Looking after your mental health

The next few pages outline some things you can do to look after your mental health and improve how you're feeling.

Be active

Our mental health and physical health are linked. One of the benefits of being more active is that it can improve our mood and energy levels. To read more about different ways to be active and the other benefits of moving more, see pages 14-18.

Make time for yourself

As we get older, changing circumstances can affect our mood. For example, when you retire, it can be hard to adjust to a lack of routine. But more time can be a great opportunity to do things for yourself – whether you've always fancied doing a course but never had the time, or you want to spend more time in the garden. It's important to make time for things you enjoy.

It can be hard to find time for yourself if you have certain commitments, such as being a carer. But if you have a lot going on, it's especially important to have a break for something you enjoy – even if some days this is just a few minutes for a cup of tea or a chat on the phone with a friend.

Good to know



Our **Your mind matters** guide has more information about looking after your mental health, including organisations who can provide specialist support.



Connect with others

Spending time with others can help you feel more connected and less anxious. Spending time with family or friends can remind you of happy memories, while meeting new people gives you the chance to share different experiences, thoughts and ideas.

You could consider joining a local club or volunteering in your community. Think about what you like doing, or what you've always wanted to try. If you can't do some of the things you used to, why not go for something totally new?

Connecting with others online is an option, too. You could try video calling friends or family, or chatting on social media or online forums. There's a forum for pretty much anything you might be interested in – whether that's sport, gardening, politics or photography – so you'll definitely find like-minded people to chat to.

If you aren't confident using the internet, your local Age UK or Online Centres Network can help you (pages 32 and 35). In Wales, contact your local Age Cymru.

If you're feeling out of sorts

If you're feeling low, anxious or out of sorts, the best thing you can do to start feeling better is talk to others about how you feel. Talking about these things can be easier said than done, but it's important to ask for support if you need it.

The sooner you can address problems, the sooner you'll start to feel better – and the less likely they are to develop and become more serious. Is there a family member or a friend you could speak to? If you'd rather, you can talk to your doctor – they'll be used to having these conversations and they won't judge you.

Some other organisations can offer more support. Samaritans has a telephone helpline that is open 24 hours a day, 365 days a year, for anyone who needs to talk (page 36).

If you've been feeling down for a while

If you've been feeling out of sorts for a few weeks or more, you might be experiencing depression. Symptoms include low mood, not enjoying the things you usually do, a loss of self-confidence, and having unexplained aches and pains.

Depression is something that's now more openly spoken about with both peers and health professionals and can be treated in different ways. If you're experiencing any of these, speak to your doctor and explain how you're feeling – they can tell you about the support available to you.

Good to know



If you need support or advice on mental health issues, contact Mind or Samaritans (pages 34 and 36). In Wales, you can also contact C.A.L.L. and in Northern Ireland, contact Aware Defeat Depression. See pages 32-33 for contact details.

Other ways to stay healthy

Diet and exercise aren't the only things that have an impact on our health. There are lots of ways to feel healthier.

Quitting smoking

Even if you've been smoking for years, it's never too late to stop. Regardless of your age and how long you've smoked for, you'll notice a lot of positive changes to your health if you quit.

You're likely to:

- breathe easier
- reduce your risk of heart and lung problems (or making them worse)
- reduce your risk of smoking-related cancers or a stroke
- reduce your risk of problems with your eyesight
- recover more quickly after operations
- feel better overall and live longer.

Lots of people find it difficult to give up, even when they know how unhealthy smoking is. Ask your doctor or community pharmacist for help – they'll be able to tell you about medication or local support that can help you stop.

Good to know



NHS Smokefree has tips on stopping and details of local services that can help (page 35). In Wales, contact Help me Quit and in Northern Ireland, contact Want2stop (page 35).

Your eyesight

There are lots of things you can do to look after your eyesight:

- Protect your eyes from the sun by wearing sunglasses on sunny days – look for ones labelled CE or UV400.
- Adjust the settings on any electronic devices to make what's displayed on the screen as clear as possible.
- Make sure there's a good level of light around your home.
- Eat a balanced diet.
- Quit smoking.

It's important to have your eyes tested regularly so that any problems can be picked up early – such as cataracts, glaucoma or age-related macular degeneration.

If you're over 60, you can get a free NHS sight test every two years, though you should get a test more regularly if advised to.

If sight problems affect your ability to go about your daily life safely, ask your local council's social services department about equipment and support that might help you.

Next steps



Our factsheet **Help with health costs** has more information. In Wales, Age Cymru has a version of this factsheet. Contact the Macular Society or the Royal National Institute of Blind People (RNIB) for more information about eye health and the services they offer (pages 33 and 36).

Your hearing

As you get older, you might have to turn up the volume on the TV or radio and find it more difficult to hear what's being said around you. While some hearing loss is a normal part of ageing, it's important to speak to your doctor if you're having trouble with hearing things or being able to communicate.



Some hearing aids and batteries are available for free on the NHS. If you think you have tinnitus (a condition that causes you to hear ringing or humming noises), let your doctor know.

You can also try the free hearing check on the RNID website (page 35), which will let you know if you should see your doctor. They also have a tinnitus helpline.

Combined sight and hearing difficulties

If you have difficulties with both your sight and your hearing, there are things that can be done to help you.

Contact your local council's social services department and explain how your day-to-day life is being affected. They may have a specialist team who can help.

Good to know



Deafblind UK offer support, practical advice, home visits and befriending to people who are deafblind or who have combined sight and hearing loss (page 33).

Looking after your bones

As you get older, your bones tend to get weaker – and this can mean they're more likely to break if you fall.

You're more at risk of osteoporosis (a condition which weakens your bones) if:

- you've been immobile for a long time
- you've been a smoker or regular drinker
- you have a parent who broke a hip
- you're underweight
- you're female (you're four times more likely to develop it).

While the health of your bones largely depends on your genes, your lifestyle can help look after them, too. Regular physical activity helps, as does eating foods rich in calcium such as dairy products, canned fish, leafy greens and nuts.

Vitamin D is also important as it helps your body absorb calcium. Most people get the vitamin D they need from being in the sun so, if you can, spend time outside in spring and summer – but be careful not to let your skin redden or burn.

During autumn and winter, you're unlikely to get enough vitamin D from being in the sun, so it might be worth taking a daily supplement. If you think you might not be getting enough vitamin D, speak to your doctor.

Next steps



For more information about avoiding falls, see our **Staying steady** guide.

Looking after your teeth

The best ways to keep your teeth healthy are:

- cleaning them twice a day
- visiting your dentist regularly for a check-up.

Even if you have full dentures, it's important to go for regular check-ups – as the shape of your mouth changes over time, which can mean your dentures don't fit as well.

At the dentist, you can also get checked for signs of mouth and neck cancer.

Problems with our teeth can also affect our diet – as they worsen, it can become harder to eat and chew certain foods. This can mean you unintentionally start to lose weight, which can put you at risk of becoming malnourished. There's more information about this on pages 9-10.



Next steps



See our **Dental Care: NHS and private treatment** factsheet for more information on dental services. In Wales, see Age Cymru's version of this factsheet.

Caring for your feet

It's important to keep an eye on your feet and contact your practice nurse or doctor if you notice any changes – especially if you have a long-term health condition such as arthritis or diabetes.

As you get older, your feet lose some of their natural cushioning and blood flow may decrease. This can mean blisters or sores take much longer to heal. But the good news is that there are things you can do to look after your feet, such as:

- wear well-fitting, supportive shoes that are comfy to walk in
- keep toe nails short and smooth
- avoid wearing the same shoes every day
- dry your feet carefully after a shower or bath, particularly between your toes
- avoid soaking your feet for too long – it can cause dry skin
- have a regular diabetic foot check
- avoid talcum powder as it can clog your skin and cause friction
- apply foot cream containing urea which hydrates the skin (but avoid applying it between your toes). It's best to do this before you go to bed to avoid slipping.

Good to know



If you find it difficult to cut your toenails, your local Age UK or Age Cymru may offer a nail-cutting service. If not, they might be able to help you find one.

Sleeping well

Your sleeping patterns are likely to change as you get older, and it's natural to not get as much sleep as you used to. But with the right routines, environment and diet, you can still get enough sleep.



Everyone's different – some people need less sleep than others. But whether you're a morning person or a bit of a night owl, there are things you can do to improve your sleeping patterns:

- Be more active during the day.
- Go to bed at the same time each night.
- Avoid eating a lot or drinking alcohol too close to going to bed.
- Reduce the amount of caffeine you have during the day – perhaps by switching to decaf tea or coffee, if you like.
- Cut down on daytime naps.
- Avoid using smartphones and tablets just before trying to sleep.
- Getting up and doing something for half an hour if you can't get to sleep, before going back to bed.

Next steps



If you have persistent problems sleeping, your doctor might be able to help. If you suffer from insomnia, the NHS website has tips on treating it. In Wales, visit the NHS 111 Wales website. For contact details, see page 34.

After Ron's wife died he found it hard to take an interest in anything.

After Joan died, Ron joined his local bowls club to meet new people – and improve his health.

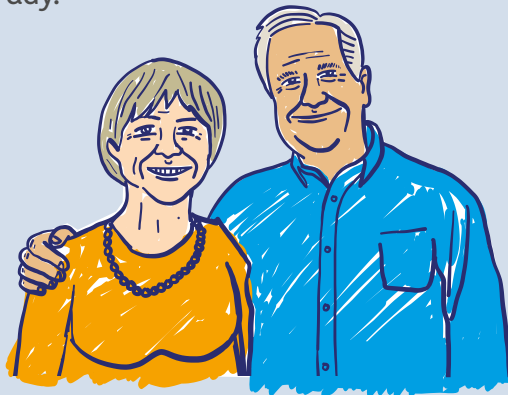
‘When my wife Joan was alive, we used to play golf every week. But since she died last year, I haven’t wanted to go; it just wouldn’t be the same. In fact, I don’t seem to have the same interest in many things we used to do together – like gardening and going to car boot sales.

‘When I went for my blood-pressure check, I was chatting with the practice nurse and I told her how I was feeling. We talked about Joan.

‘She said I wasn’t unusual in finding it difficult to go back to places and activities that we had always gone to together.

‘My blood pressure was still OK but I’d put a bit of weight on since last time. She suggested I was missing the exercise and perhaps the company too, so why not try something different?

‘I’d heard my neighbour, Ken, talking about the local bowls club so I thought I’d go along with him and give it a go. It was the best thing I could have done. They’re a really nice group, my technique has improved, I have more energy and life seems better every day.’



Your health checklist

This handy checklist shows you, at a glance, the key things you can do to stay healthy, physically and mentally.

1

Stay active

Make sure you exercise regularly, whether it's a hobby such as gardening or playing bowls, or joining an exercise class.



2

Eat a variety of foods

Check food labels before you buy, and try to eat five portions of fruit and vegetables each day. Aim to have fish twice a week, making sure that one portion is oily fish.



3

Keep a healthy weight

It's not good to be overweight or underweight. If you're concerned about your weight, make sure you talk to your doctor or other healthcare professional.



4

Drink in moderation

Keep a note of how much alcohol you're drinking and make sure you stick to the safe limit of no more than 14 units spread out over the week.



5

Give up smoking

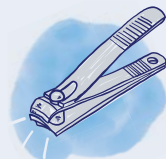
It's never too late to get help quitting and enjoy the benefits.



6

Care for your feet

Look after your feet by cutting your toenails regularly, wearing supportive shoes and getting any problems checked by your doctor.



7

Get your eyes tested

Get your eyes tested for free every two years if you're over 60, or annually if you're over 70.



8

Get enough sleep

If you have persistent sleep problems, talk to your doctor to see if they can help.



9

Take care of your mental wellbeing

Stay in touch with friends, do things that you enjoy and perhaps try some new things too. They can all help you feel better.



10

Visit your doctor

Get your blood pressure and cholesterol checked regularly. Book your seasonal flu jab, follow up invitations for NHS cancer screenings and NHS health checks. If you're aged 70 to 79, ask your doctor about the shingles vaccination.



Useful organisations

Age UK

We provide advice and information for people in later life through our Age UK Advice line, publications and website.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

www.ageuk.org.uk

In Wales, contact Age Cymru Advice: **0300 303 44 98**

www.agecymru.org.uk

In Northern Ireland, contact Age NI: **0808 808 7575**

www.ageni.org

In Scotland, contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

Alzheimer's Society

Offers advice, information and support in England, Wales and Northern Ireland to people with dementia, their families and carers through its helpline and local offices.

Helpline: **0333 150 3456**

www.alzheimers.org.uk

AWARE

Charity supporting people living with depression in Northern Ireland

Tel: **028 9035 7820** (Belfast)

Tel: **028 7126 0602** (Derry/Londonderry)

Email: **info@aware-ni.org**

www.aware-ni.org

Breathing Space

A confidential telephone line for people experiencing low mood, anxiety or depression.

Tel: **0800 83 85 87**

www.breathingspace.scot

C.A.L.L. (Community Advice & Listening Line)

Offers support to people in Wales concerned about their mental health or that of a relative or friend.

Tel: **0800 132 737** or text 'Help' to **81066**

www.callhelpline.org.uk

Cancer Research UK

Provides information about cancer and support for those affected by cancer. Call their helpline to speak to a nurse.

Helpline: **0808 800 4040**

www.cancerresearchuk.org

Deafblind UK

National charity for people who are deafblind or have a combined sight and hearing loss.

Tel: **0800 132 320**

Text: **07950 008870**

Email: **info@aware-ni.org**

www.deafblind.org.uk

Drinkaware

An organisation funded by alcohol firms that offers tips on responsible drinking.

Tel: **020 7766 9900**

www.drinkaware.co.uk

Macular Society

Provides advice and support to people with age-related macular degeneration.

Tel: **0300 3030 111**

www.macularsociety.org

Mind

Provides advice and support on mental health issues.

Tel: **0300 123 3393**

www.mind.org.uk

National Council for Voluntary Organisations (NCVO)

Provides details of local volunteer centres and opportunities across England.

www.ncvo.org.uk

In Northern Ireland, contact **Volunteer Now**

www.volunteernow.co.uk

In Wales, contact **Volunteering Wales**

www.volunteering-wales.net

Royal Osteoporosis Society

Offers information and support on prevention and treatment of osteoporosis.

Tel: **0808 800 0035**

www.theros.org.uk

NHS

Offers information about health topics including healthy eating and drinking, physical activity and insomnia.

Tel: **111**

www.nhs.uk

For guidelines on physical activity visit: **www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults**

For sitting exercises visit: **www.nhs.uk/live-well/exercise/sitting-exercises**

In Wales, visit **NHS 111 Wales**

www.111.wales.nhs.uk

NHS Smokefree

Provides information on stopping smoking and details of support available.

Tel: **0300 123 1044**

www.nhs.uk/smokefree

In Wales, contact **Help me quit**

Tel: **0800 085 2219**

www.helpmequit.wales

In Northern Ireland, contact **Want2stop**

www.want2stop.info

Online Centres Network

Helps people to master basic computer and internet skills.

Tel: **0114 349 1666**

www.onlinecentresnetwork.org

Ramblers

Runs a network of health walk schemes across England. Visit their website and enter your postcode to find your local group. You can then contact them directly.

Tel: **020 7339 8541**

<https://beta.ramblers.org.uk/go-walking/wellbeing-walks>

Ramblers Cymru

Promotes and encourages outdoor walking in Wales through the Let's Walk Cymru programme.

Tel: **020 3961 3310**

www.ramblers.org.uk/wales

RNID

Provides advice and support for people who are deaf or hard of hearing through an information line, tinnitus helpline and a range of factsheets.

Tel: **0808 808 0123**

Textphone: **18001**, followed by **0808 808 0123**

www.rnid.org.uk

Royal National Institute of Blind People (RNIB)

Provides information and support for blindness and visual impairment.

Tel: **0303 123 9999**

www.rnib.org.uk

Samaritans

Confidential support for people who are despairing or suicidal. Lines are open 24 hours a day.

Tel: **116 123**

www.samaritans.org

University of the Third Age

Local groups of older people who learn together informally.

Tel: **020 8466 6139**

www.u3a.org.uk



† The Age UK network includes the charity, its trading companies and national partners (Cymru, Scotland and NI). We also work closely with local Age UKs. 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 Age UK, 7th Floor, One America Square, 17 Crosswall, London EC3N 2LB.

Can you help Age UK?



If you would like to, please complete the donation form below with a gift and return to: **Freepost Age UK REPLY**. Alternatively, you can phone **0800 077 8751** or visit **www.ageuk.org.uk/donate**. If you prefer, you can donate directly to one of our national or local partners. Thank you.

Your details

AGUK0081 MXAQ22CA07C009

Title: Forename: Surname:

Home address:

Postcode:

Email address:

We'd[†] like to keep in touch with you to tell you about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the products and services you can buy.

I do not wish to receive communications by post.

We will never sell your data and we promise to keep your details safe and secure. Please tick the box to let us know all the ways you'd like to hear from us:

I would like to receive communications by email.

If you change your mind about how we can contact you, please email **contact@ageuk.org.uk** or call **0800 169 8787**. For further details on how your data is used and stored by the Age UK network go to **www.ageuk.org.uk/help/privacy-policy**.

Your gift

I would like to make a gift of £:

I enclose a cheque/postal order made payable to Age UK, **or**

I wish to make payment by (please tick):

MasterCard Visa CAF CharityCard

Card number Expiry date

Signature

Gift Aid declaration Yes, I want Age UK and its partner organisations* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Today's date

* Age Cymru, Age Scotland and Age NI. **Please ensure you provide your full name and address**, and let us know if you wish to cancel your declaration, or if your tax status, name or address changes.

Age UK provides a range of services and your gift will go wherever the need is the greatest.

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

Our Readers' Panel helps make sure the information we produce is right for older people and their families. We'd love you to join. Go to www.ageuk.org.uk/readers-panel.

2

Donate to us

Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to www.ageuk.org.uk/donate.

3

Volunteer with us

Our volunteers make an incredible difference to people's lives. Get involved by contacting your local Age UK or at www.ageuk.org.uk/volunteer.

4

Campaign with us

We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at www.ageuk.org.uk/campaigns.

5

Remember us in your will

A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit www.ageuk.org.uk/legacy.

What should I do now?

You may want to read some of our relevant information guides and factsheets, such as:

- **Your mind matters**
- **Staying steady**
- **Your hospital stay**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers are there to help answer any questions.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit **www.ageuk.org.uk/wellbeing** to get started.

If contact details for your local Age UK are not in the below box, call Age UK Advice free on **0800 169 65 65**.



0800 169 65 65
www.ageuk.org.uk



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