

Getting advice

If the person you're helping is aged 50 or over and needs advice, please ask them to call Age Cymru Advice on 0300 303 44 98, available 9:00am to 4:00pm, Monday to Friday, or email advice@agecymru.org.uk or visit www.agecymru.org.uk/advice

Age Cymru Advice is committed to being the foremost information and advice service to older people in Wales. We aim to provide effective, accessible, high-quality information and advice while offering a free, impartial and confidential service. Age Cymru Advice can assist older people themselves, their family, friends, carers, or professionals.

If the person you're supporting is aged under 50, please ask them to call Citizens Advice on **01 | | ~| .7 20 20** or visit their website www.citizensadvice.org.uk/wales/

They could also get help or advice from support groups or charities that are relevant to them: [Support groups and charities](#)
