

Age Scotland publications

Order form for our free
information guides 2023



For information, friendship
and advice call our helpline on

0800 12 44 222

Who we are

Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.

Our vision is a Scotland which is the best place in the world to grow older.

Our mission is to inspire, involve and empower older people in Scotland, and influence others, so that people can make the most of later life.

Our three strategic aims are to:



Help older people to be as well as they can be



Promote a positive view of ageing and later life



Tackle loneliness and isolation

How we can help

We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

The Age Scotland **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.

For information, advice and friendship



Call us free on: 0800 12 44 222
(Monday – Friday, 9am - 5pm)



Visit agescotland.org.uk
to find out more.

Age Scotland publications order form

This guide gives details of publications produced by Age Scotland. We continually review and update our publications. If a leaflet is no longer available, we will try to send you a leaflet which contains the information you need. Please let us know if you would prefer large print versions of our publications.

To order publications:

Call Age Scotland’s helpline on **0800 12 44 222**

Visit our website www.agescotland.org.uk and use our online publications order form.

Post this leaflet to:

Age Scotland
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

Data Protection: We will use the information you have supplied solely for the purposes of fulfilling your order and monitoring the distribution of our publications.

.....

Your Details

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Address:

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☐ Please tick here if you would like to receive updates about our information publications by email



General

Ref No.	Title	Quantity
Gen 1	Publications list	
Gen 4	Age Maze: Your guide to later life in Scotland	
Gen 5	Returning to Scotland from abroad	
Gen 6	Useful contacts	
Gen 8	Rights of LGBTQ+ older people in Scotland	
Gen 9	Publications poster	

Care

Ref No.	Title	Quantity
Care 1	Care Home Guide: Living in a care home	
Care 2	Care Home Guide: Friends and family	
Care 3	Care Home Checklist	
Care 4	Care Home Guide: Before you move	
Care 5	Care Home Guide: Funding	
Care 6	Care and support at home: assessment and funding	
Care 9	Adult Carers Guide	
Care 10	Care Home Contracts	
Care 11	Care and support at home: practical help	



Legal and family issues

Ref No.	Title	Quantity
Leg 1	Guide to Power of Attorney in Scotland	
Leg 2	Legal options for someone who has lost capacity	
Leg 3	Help to manage your money and benefits	
Leg 4	Making your Will	
Leg 5	Arranging a funeral	
Leg 7	Finding and paying for legal advice	
Leg 8	Planning for your future healthcare	
Leg 9	Worried an older person is being abused?	
Leg 10	Staying safe from abuse	
Leg 11	Older workers' guide	
Leg 12	Older drivers' guide	





Benefits and money

Ref No.	Title	Quantity
M 1	Benefits Maze	
M 2	Benefit and pension changes	
M 3	State Pension	
M 4	Pension Credit	
M 5	Attendance Allowance	
M 6	Carer's Allowance	
M 8	The Scottish Welfare Fund	
M 10	Money Matters	
M 11	Funeral Support Payment	
M 12	Universal Credit	
M 13	Avoiding scams	
M 14	Lifebook	
M 15	What is a benefit check?	
M 16	Adult Disability Payment	
M 17	Challenging benefit decisions	
M 18	Council Tax and Council Tax Reduction	



Housing and fuel

Ref No.	Title	Quantity
Hou 1	Housing Options Guide	
Hou 6	Rights of council / housing association tenants	
Hou 7	Rights of private tenants	
Hou 9	Fire safety and older people in Scotland	
Hou 10	Warm and Well Energy Advice	
Hou 11	Thermometer card	
Hou 12	Older homeowners' guide	

Health

Ref No.	Title	Quantity
HWB 1	Eat Well (Partnership Eat Well Age Well)	
HWB 3	Mental Health - A guide for carers	
HWB 4	Mental Health - Keeping well & who can help	
HWB 5	Mental Health - A guide to Mental Capacity	
HWB 7	NHS services for older people	
HWB 10	Your hospital stay	
HWB 11	Hospital discharge in Scotland	
HWB 12	Bladder and bowel problems	
HWB 13	Health and wellbeing in later life	
HWB 14	Bereavement	
HWB 15	Hydration matters	
HWB 16	Keeping active in later life	
HWB 19	Keeping your feet in later life	
HWB 20	Worried about slips, trips and stumbles?	



Veterans project guides

Ref No.	Title	Quantity
Vet 2	Unforgotten Forces magazine	
Vet 3	Unforgotten Forces directory	
Vet 4	The veterans' guide to later life in Scotland	
Vet 11	Support for older LGBT veterans in Scotland	

Dementia publications

Ref No.	Title	Quantity
Dem 1	Reducing your risk of dementia	
Dem 5	Living well with early stage dementia	
Dem 6	Caring for someone with dementia	
Dem 7	Benefits for people living with dementia	
Dem 8	What is dementia?	
Dem 11	Creating a dementia enabling home	

How you can help

Our vision is a Scotland which is the best place in the world to grow older.

All the information and advice we provide is free and completely impartial and in helping people access their rights and entitlements, it can be life changing.

We are an ageing population and more people than ever are coming to us for support. You can help us be there for those that need us most.



Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- Call **03330 15 14 60**
- Visit **age.scot/donate**
- Text **LATERLIFE** to **70085** to donate £5.*



Fundraise

Whether it is having a bake sale, running a marathon or knitting small hats for the Big Knit, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **age.scot/fundraise**.



Leave us a gift in your Will

By choosing to leave us a gift in your Will, you can help Age Scotland to continue being there for vulnerable older people in the years to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

* Texts cost £5 plus one standard rate message

Let's keep in touch



Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today by visiting **age.scot/roundup**



Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



[/agescotland](https://www.facebook.com/agescotland)



[@AgeScotland](https://twitter.com/AgeScotland)



[@age_scotland](https://www.instagram.com/age_scotland)



[/AgeScotland](https://www.linkedin.com/company/AgeScotland)

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Contact us:

Head office

0333 323 2400

Age Scotland helpline

0800 12 44 222

Email

info@agescotland.org.uk

Visit our website

www.agescotland.org.uk

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