

Adapting your home

Ways to help you
stay living at home



Information and advice you need to help you love later life.

We're Age UK and our goal is to enable older people to love later life.

We are passionate about affirming that your later years can be fulfilling years. Whether you're enjoying your later life or going through tough times, we're here to help you make the best of your life.

Our network includes Age Cymru, Age NI, Age Scotland, Age International and more than 130 local partners.

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Ways to stay living at home

Everyone wants to stay in their own home for as long as possible. It's a big part of staying independent.

But sometimes it can be harder to manage as we get older, perhaps because of health problems, disability or bereavement.

The good news is that by making some simple changes at home, you can make day-to-day life easier and stay independent for longer.

This guide looks at some of the changes you could consider, and how to go about making them.

Key



This symbol indicates where information differs for Scotland, Wales and Northern Ireland.

In this guide, where we refer to a local council social services department in England and Wales this refers to a social work department in Scotland and a local health and social care trust in Northern Ireland.

Access to your home

Getting in and out of the house can be tricky, but there are simple changes that can make your home more accessible.

If you're unsteady on your feet or struggle to find and use your keys in the dark, installing an **outdoor light with a motion detector** can help as you approach your front door.

If you have steps up to the house and you're finding them difficult you could **have a rail installed**. This can be just a grab rail or a longer rail. You could also consider shallower steps or a ramp.

If you use a wheelchair, you may need to **have a ramp installed**. This could mean some larger alterations to your porch and front garden if you have one. If there's not enough space for a ramp you may need a wheelchair lift.

A portable ramp could be the solution if there's someone to help move it in and out of position.

If you're renting or have shared access to your property you may need your landlord's permission or neighbour's consent to make changes.

See pages 20-24 to find out what you should do if you think you need financial or practical help making these changes.

Answering the door

If you find it difficult to get to the front door when someone calls round, there are ways to make it easier. You could:

- have a **door-entry intercom** fitted.
- get an easy-to-fit **wireless doorbell** that comes with an entry phone to keep near where you sit.
- choose a **video entry phone** to see who's at the door. Some allow you to open the door from where you're sitting.

If you want to allow certain people to let themselves in you could get a **police-approved key safe**. The key is held in a secure box by the front door and can only be accessed by people with the code you provide.

You can also get a '**bogus caller**' button installed. Pressing it connects you to an operator that you can talk to if you're concerned about who's at the door.

Many DIY shops and high-street retailers stock wireless doorbells and video entry systems, which a family member, handyperson, Home Improvement Agency or Care and Repair service could fit for you (see page 22 for more information).

Who to contact

Contact the Disabled Living Foundation to see what equipment you might find useful (page 27).

For more information

Read our guide *Staying safe* about keeping safe and secure at home.

Getting around the house

If you're having difficulty getting around the house there are a few things that may make it easier.

Keeping the walkways throughout your home clear by **removing clutter** and any trip hazards can make it easier and safer to move around the house.

Good lighting can also make a real difference. You can get **motion sensor lights** that come on when you enter a room or get out of bed. Touch lamps are handy as they come on when you touch the base so you don't have to feel for the switch or button.

If you use a wheelchair or walking frame, make sure you have enough space to manoeuvre around the house. This may involve some bigger changes, such as **widening door frames** or re-hanging doors to open in the opposite direction.

Though it's a major alteration, removing a wall or extending the house can make extra space to allow you to move around the home or have all your essentials on one floor.

Who to contact

Ask your local council's social services department for an assessment of your needs (pages 18–19). You can also contact the Royal Society for the Prevention of Accidents for more information (page 29).

For more information

Read our information guide *Home safety checker*. In Scotland, see Age Scotland's factsheet *Older homeowners: funding repairs, improvements and adaptations*.

Getting up and down the stairs

Trouble getting up and down stairs can make living at home much harder, especially if the toilet is upstairs. Whatever your needs, there are options available.

Something as simple as fitting a **second banister** could make all the difference.

However, a **stairlift** may be more suitable for you. There are different types with features that could help you, such as:

- a swivel seat that can help you get safely on and off.
- specially adapted controls that are easier to grip.
- safety features that make sure the stairlift stops if there's something in the way.

If a second banister or a stairlift aren't suitable for you, it may be possible to install a **wheelchair lift**. These are large pieces of equipment so the size and layout of your home will affect what adaptations are possible.

Who to contact

Contact your local council for an assessment to see whether you're able to get financial help for a stairlift. You can also buy a stairlift yourself. Contact the Disabled Living Foundation (page 27) or RiDC (page 29) for information on choosing products.

For more information

Read our guide *Getting help at home* and our factsheets *How to get care and support* and *Disability equipment and home adaptations*. Age Cymru and Age Scotland have their own versions of these factsheets.

Getting up and dressed

Getting in and out of bed or up from a chair can become more difficult as you get older.

‘**Raisers**’ can be fitted to beds and chairs to increase their height and make them easier to get out of. Alternatively, **riser-recliner chairs** and specialist beds help raise you into a position where you can stand, or lower you to sit or lie down.

If you need the help of someone else to change position, more specialist equipment can help, such as **hoists, transfer boards and slide sheets**. Get a professional assessment and advice on how to use it before this kind of equipment is used.

Simple equipment can help you to get dressed, such as a **long-handled shoehorn** or gadgets to assist with putting on tights or socks or doing up buttons.

If you find it difficult to bend, **easy-reach grabbers** can help you safely pick up things that have fallen on the floor. Your local pharmacy may stock these types of items.

Who to contact

Ask your local council for an assessment of your needs to see if you’re eligible for help. They can also give you information about sources of assistance in your area (pages 18–19).

For more information

See ‘Getting the support you need’ (pages 18–19) for more information.

Washing, bathing and using the toilet

Loss of mobility and balance can make it difficult to wash and bathe or to use the toilet. However, there are small things that can make a big difference, including:

- a raised toilet seat and/or rails that could help you get on or off the toilet by yourself.
- a bath board or seat to help you get in and out of the bath.
- a special safety plug that limits the water level.
- a flood detector that alerts a monitoring centre if the bath or sink starts to overflow.
- long-handled sponges.
- non-slip or foot-cleaning mats to save you bending.

There are also **small adaptations** that may be suitable for you, such as:

- a bath with a side opening so you can get in and out without having to climb over the side.
- a level-access shower or ‘wet room’.
- a wall-mounted sink set at the right height if you use a wheelchair or a mobile shower seat.
- a battery powered bath lift with a seat or platform that can be lowered to support your weight.

a ‘hands-free’ toilet with an automatic washing and drying function while you are still seated.

Who to contact

Contact the Disabled Living Foundation for details about equipment to make life easier in the bathroom and toilet (page 27). In Scotland, contact Disability Information Scotland (page 27).

In the kitchen

Preparing food and drinks in the kitchen can be fiddly and potentially risky. But there are lots of ways to make cooking and preparing food easier and safer. You could try:

- wide-handled cutlery.
- kettle tippers if you find the kettle too heavy to tilt up.
- high-rimmed plates and two-handled cups.
- assistive tin, bottle and jar openers.
- spike boards to allow you to cut or peel vegetables one-handed.
- a perching stool, which supports you in a near-standing position.
- a sturdy trolley to help you move items around.

If you use a wheelchair, consider installing adjustable-height work surfaces and cupboards, along with a shallow basin.

To stay safe, you can get gas, smoke and carbon monoxide detectors that raise an audible alarm with a flashing light and send an alert to a monitoring centre with staff who can get help.

To do next

Ask your local council for an assessment of your needs to see if you're eligible for help.

Who to contact

Contact the Disabled Living Foundation for details of equipment and telecare to make life easier in the kitchen (page 27).

Telecare

The thought of telecare can be daunting but it's basically remote assistance, such as personal alarms. Most is very simple to use and can help you keep living independently.

Many people use a **personal alarm**. This allows you to call for help if you're unwell or have a fall. You just press a button on a pendant you wear around your neck or as a wrist band. This connects you to a call centre where you can talk to someone who can help.

You can also get **sensors** installed in your home that automatically detect if something is wrong. For example, a pressure mat on your mattress can tell if you've been out of bed for a long time during the night and automatically send an alert in case you've fallen. These alerts can go directly to a chosen emergency contact or a response centre.

There's also **reminder devices** that can help you live more independently by reminding you to take your medication, turn off the lights or lock the door when you go out.

Other types of telecare services include:

- **a discreet fall detector** that automatically detects if you've fallen and alerts a chosen contact
- **a motion detector** that can tell if you haven't moved about for a while, or which can gradually turn on the lights when you get out of bed
- **a mattress sensor** that can send a message to a carer for assistance if the bed becomes wet
- **a temperature sensor** that alerts you or your family if the temperature in your home goes up or drops rapidly.

Ask your doctor, social worker, occupational therapist or local council for more information about the range of telecare services available and whether any costs apply.

Who to contact

Contact your local council for information about its personal alarm scheme or look on www.gov.uk/apply-for-community-alarm (for England and Wales). In Scotland contact Care Information Scotland (page 27).

Telehealth

Telehealth systems can help you if you're living at home with a long-term health condition.

They can monitor your health to save you from visiting your doctor – but they are always supported by a healthcare professional.

For example, you can get a monitor that helps you measure your blood pressure or blood sugar levels and sends the results directly to your doctor. Ask your doctor about what is available in your area.

If you're given any medical equipment on loan, check that it's covered by your home insurance policy. Not all policies cover loss of or damage to loaned medical equipment.

Who to contact

Contact the Disabled Living Foundation for information about types of equipment available (page 27). In Scotland, contact Care Information Scotland (page 27).



The thought of **telecare can be daunting** but it's basically remote assistance, such as personal alarms. Most is very simple to use and **can help you keep living independently.**

Living with sight problems

Most people experience some degree of sight loss as they get older and some people may have lived with sight loss for much or all of their lives. Some sight loss can't be corrected but there are changes you can make at home to remain as independent as possible.

Letting **more natural light** into your home can help you make the most of your sight. **Improved artificial lighting** can also make a real difference, for example by installing motion sensor lights in dark hallways.

Improving the lighting in your house can also help **identify any trip hazards**, such as trailing wires, loose carpets or even pets. A Home Improvement Agency, Care and Repair service or handyman can help you with these (page 28).

Changing the colour scheme around the house and adding **coloured paint or tape markings** to certain areas, such as edges, can make getting around the house easier.

There's a wide range of **technology and equipment** to help people with sight problems, such as raised markings for appliances and telephones with large, clear buttons.

Have your eyes tested regularly to identify any problems as soon as possible. If you're aged 60 or over, you can have a free NHS eye test (in Scotland, everyone is entitled to a free test regardless of age).



Who to contact

Most local councils will have a sensory impairment team who will be able to give advice. Contact the RNIB for information on how to manage the impact of sight loss in your day-to-day life (page 29). The Macular Society or the Thomas Pocklington Trust also provide information on how to improve living with a sight problem (pages 28 and 30).

Living with hearing loss

Hearing tends to get worse with age. But there's a wide range of equipment and technology available to make living at home easier.

You can get devices to alert you visually to things you may not be able to hear, such as door bells and smoke alarms.

You can also get **wireless smoke alarms** fitted. These connect using radio signals so that if one goes off, they all do. There are also versions that use **vibrating pads**, which you can put under your pillow at night to alert you to an alarm.

There are **voice-based and text-based alternatives** to the phone ringing if you find it hard to hear. Or you could get a sounder beacon put on your current phone that will flash and make loud signals when someone calls.

Who to contact

Contact Action on Hearing Loss for information about products available (page 27). For expert advice on alarms, contact your local Fire and Rescue service.

Combined hearing and sight loss

Many people in later life experience loss of both sight and hearing. For information on how to maintain your independence if you live with both, contact Deafblind (page 27).

Living with memory loss

Memory problems can make even the simplest of daily tasks difficult. Here are some suggestions for how things around the house could be made easier.

- **Keep a calendar** in a prominent place and write down important reminders, or use the calendar on your mobile phone or tablet.
- **Fix simple labels** on the front of kitchen cupboards and drawers to help remind you what's what.
- **Item locators** help you to easily find things such as your keys or purse. You just attach small tags to certain things and, if you lose them, you press a button on the locator and the tag will beep and flash to help you find them.
- **A digital speech recorder** and player can remind you about things you need to do at the time you need to do them, such as when it's time to take your medication.
- **Calendar clocks** clearly show the day, date and time to help you keep track of what day it is.

Memory loss can be a symptom of conditions such as dementia, but it can also be due to other causes such as stress, anxiety or medication. If you're worried about your memory, speak to your doctor.

To do next

If you've been diagnosed with dementia visit the AT Dementia website for more information about products that can help people live independently (page 27).

For more information

If you've been diagnosed with dementia, or care for someone with the condition, read our information guides *At home with dementia*, *Living with early-stage dementia* and *Caring for someone with dementia*.

Carol and Fred have found equipment to make their lives easier.

Carol is the main carer for her husband, Fred.

‘Recently I’ve found there are some things I can’t do as well as I used to, which is a worry as I care for my husband.

‘My daughter suggested that we visit a local centre that demonstrates equipment to make life easier and help people manage for themselves.

‘There were lots of useful things there. I’d been having trouble lifting the kettle to pour water from it – now I’ve bought a handy kettle tipper and I can make a cuppa again, no bother.

‘We’ve also been looking at other equipment to make things easier for us around the house.

‘I called the local council to see if they could help. They sent an occupational therapist round. I told her that I particularly struggle helping Fred in and out of the bath these days and she suggested some grab rails and a bath seat. It turns out the local council is going to provide them free and they should be fitted next month.

‘My daughter also said she was starting to worry about me falling over, so I got myself a personal alarm. It gives me, and her, peace of mind that if I have a tumble I’ll be able to let people know.’



‘I called the **local council** to see if they could help. They sent an **occupational therapist** round.’

Getting the support you need

If you think you could benefit from adaptations to your home the first port of call is the adult social services department of your local council.

Ask them for a care needs assessment. There's no charge for this and everyone's entitled to one regardless of income and savings or age.

Your local council must act to maximise your wellbeing – now and for the future. It will assess whether you have difficulties doing certain things and whether this has or could negatively affect your wellbeing.

You should also be asked if there's anything you want to do, such as using local public transport or community facilities, and the council should help you achieve this where possible. If you have a carer, their needs and opinions should also be taken into account and they're entitled to a separate carer's assessment.

To do this, the assessor should consider the emotional and social side of your life, your skills, abilities, views, cultural background and support network, as well as any physical difficulties you may experience, and any potential risks.

They should also take into account any health or housing requirements and contact the professionals who need to be involved in your assessment and care.

After the assessment a care plan should be agreed on, written out and a copy given to you.

Your local council uses a set of criteria to assess your needs. If your needs are considered 'eligible', the council has a duty to offer you help and support.

Even if you're not eligible for help from the council, it should still give you information and advice about services or equipment that could help you.

If you want to buy equipment yourself, The Disabled Living Foundation is a good starting point to see what's available. It also has a helpline (page 27).

More information about how adaptations may be paid for can be found on pages 20–21.

For more information

Read our factsheets *Finding help at home* and *Disability equipment and home adaptations*. Our factsheet *Personal budgets and direct payments in social care* explains different ways to arrange your care. In Wales, see Age Cymru's versions of these factsheets and in Scotland, read *Disability equipment and how to get it* and *Care and support at home: assessment and funding*.

Your **first port of call**
should be the **adult social services**
department of
your local council.

Paying for equipment and adaptations

If you need adaptations to your home, you may be concerned about how you'll pay for them.

Free equipment and minor adaptations from your local council

Once you have had your care needs assessment (page 18), the local council will recommend what equipment, adaptations, care and support you need.

If it recommends minor adaptations to your home that cost less than £1,000, such as grab rails or lights, these are provided and fitted free of charge.

Specialist disability equipment is also provided free of charge if it is recommended by the local council after your assessment – this could be a hoist to help you in and out of bed, for example.


In England, if the local council decides that you don't have any eligible needs, they must still give you information and advice about making life easier. If you want to get advice from a private occupational therapist, contact the Royal College of Occupational Therapists (page 29).

For more information


This process varies across the UK. In England, read our factsheet *Disability equipment and home adaptations*. In Wales, read Age Cymru's version of this factsheet. In Scotland, read Age Scotland's factsheet *Care and support at home: assessment and funding*. In Northern Ireland, read Age NI's guide *Care at home*.

Disabled Facilities Grants to help with major adaptations

For larger adaptations you may qualify for a Disabled Facilities Grant (DFG). You can apply for a DFG even if the council decides that you don't have eligible care and support needs (the assessment processes are different).

-  DFGs are administered and paid by your local council's housing department (in Northern Ireland, the Northern Ireland Housing Executive, page 28) and can usually only be used for work that your local council has assessed you as needing.

You can get a DFG if you own or rent your property. It's means-tested and there's usually an upper limit on the amount you can get. If you're a council tenant, the council should pay for major adaptations that you've been assessed as needing.

-  In Scotland, there is a similar grant available. Contact your local council or see Age Scotland's factsheet *Older homeowners: funding repairs, improvements and adaptations* for more information.

Who to contact

Contact your local Home Improvement Agency, which may be able to help you apply (page 28). In Northern Ireland, contact Radius for advice or the Northern Ireland Housing Executive (page 28).

For more information

Ask your local council or read our factsheets *Disability equipment and home adaptations* and *Home improvements and repairs* for more information. In Wales, see Age Cymru's version of the *Disability equipment and home adaptations* factsheet.


Home Improvement Agencies and handy person services

Home Improvement Agencies (HIAs) can help with adaptations by arranging surveys, getting estimates for the work, applying for local authority assistance and other grants and supervising work to completion.


Even if you can afford to pay for the work yourself, you can take a lot of the strain out of organising it by using an HIA.

Some HIAs also help with small jobs, such as fitting rails. This handy person service may be available in your area even if you don't have an HIA – ask your local council.

To find out whether there is an HIA in your area, contact your local council's housing department or the coordinating body for Home Improvement Agencies in your nation (page 28).

 Home Improvement Agencies are not available in Northern Ireland or Scotland. In Northern Ireland, contact the Northern Ireland Housing Executive (page 28) and in Scotland, contact your local Care and Repair service (page 28).

More than 70 local Age UKs also operate handy person services across much of England. Contact Age UK Advice

 (page 26) to see what's available in your area. In Wales, contact your local Age Cymru and in Scotland, contact Age Scotland (page 26).



Contact your **local council's housing department** or the coordinating body to find out if there's a **HIA in your area**.

Boost your income

Make sure you're claiming all the money you're entitled to.

If you need help with care, you may qualify for a disability benefit: either Personal Independence Payment or Attendance Allowance, depending on your age. Neither benefit is means-tested so your income and savings won't be taken into account.

As well as checking that you're claiming all the benefits you're entitled to, there are other options to help you pay for adaptations, such as:

- getting help with repairs, improvement or adaptations from your local council.
- moving to a smaller or less expensive property.
- renting out a room in your home.

For more information

Read our free guides *More money in your pocket* and *Attendance Allowance* to find out more. Age Cymru and Age NI have their own versions of *More money in your pocket*. In Scotland, see Age Scotland's *Benefits maze*. You could also try our online benefits calculator at www.ageuk.org.uk/benefitscheck

Moving to more suitable accommodation

If adaptations aren't possible or won't meet your needs, you may have to consider moving to somewhere more suitable.

There are a number of different options available, depending on your needs, finances and current housing.

Talk to friends and family about the possibility of moving, or get independent advice if you think you need it. If you have a disability, you can ask your local council for an assessment to help you with your re-housing needs. It should provide a report that you can use when making your decision.

For more information

Read our guide *Housing options* for more information.

There are a **number of different options available,** depending on your needs, finances and current housing.

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

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact

Age Cymru: 0800 022 3444

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

The evidence sources used to create this guide are available on request. Contact resources@ageuk.org.uk

AT Dementia

Provides information on assistive technology that can help people live more independently.

Tel: 0115 748 4220

www.atdementia.org.uk

Action on Hearing Loss

National organisation offering information and support to people who are deaf or hard of hearing.

Tel: 0808 808 0123

Textphone: 0808 808 9000

www.actiononhearingloss.org.uk

Care Information Scotland

Provides information about care services for older people.

Tel: 0800 011 3200

www.careinfoscotland.co.uk

Deafblind

Provides services, information and advice for people who are deafblind or have both sight and hearing loss.

Tel: 01733 358 100

Textphone: 01733 358 356

www.deafblind.org.uk

Disabled Living Foundation (DLF)

Runs an equipment demonstration centre and provides information about equipment for daily living.

Tel: 0300 999 0004

www.dlf.org.uk

In Scotland, contact **Disability Information Scotland**

Tel: 0300 323 9961

www.disabilityscot.org.uk

Home Improvement Agencies

Help older and disabled people to organise repairs, improvements and adaptations to their home.

In England, contact **Foundations**

Tel: 0300 124 0315

www.foundations.uk.com

In Wales, contact **Care and Repair Cymru**

Tel: 0300 111 3333

www.careandrepair.org.uk

In Scotland, contact **Care and Repair Scotland**

Tel: 0141 221 9879

www.careandrepairsotland.co.uk

Macular Society

National organisation that provides information and support to help people adapt to life with sight loss.

Tel: 0300 303 0111

www.macularsociety.org

Northern Ireland Housing Executive

Provides information on grants for home improvements.

Tel: 03448 920 901

www.nihe.gov.uk

Radius

Provides free support and advice for people in Northern Ireland applying for a Disabled Facilities Grant.

Tel: 0330 123 0888

www.radiushousing.org

RiDC (Research Institute for Disabled Consumers)

National research charity providing independent information to older and disabled consumers.

Tel: 020 7427 2460

www.ridc.org.uk

Royal College of Occupational Therapists (COT)

Can help you find an occupational therapist and advise you on home adaptations or equipment.

Tel: 020 7357 6480

www.rcot.co.uk

Royal National Institute of Blind People (RNIB)

National organisation offering information and support to people who are blind or partially sighted.

Tel: 0303 123 9999

www.rnib.org.uk

In Wales, contact **RNIB Cymru**

Tel: 029 2082 8500

In Northern Ireland, contact **RNIB Northern Ireland**

Tel: 028 9032 9373

In Scotland, contact **RNIB Scotland**

Tel: 0131 652 3140

Royal Society for the Prevention of Accidents (RoSPA)

A charity dedicated to saving lives and preventing injuries. Also has offices in Northern Ireland, Scotland and Wales.

Tel: 0121 248 2000

www.rospa.com

Thomas Pocklington Trust

National organisation that provides information, care and support to people with sight loss in the UK.

Tel: 020 8995 0880

www.pocklington-trust.org.uk

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 169 87 87 or visit www.ageuk.org.uk/donate. If you prefer, you can donate directly to one of our national or local partners. Thank you.

Personal details

AGUK0081 MXAQ-18CA07-C012

Title: Initials: Surname:

Address:

Postcode:

We'd like to let you know about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the Age UK products and services you can buy. We will never sell your data and we promise to keep your details safe and secure.

I **do not** wish to receive communications by post.

You can change your mind at any time by phoning **0800 169 87 87** or writing to Supporter Services at the registered address below. For further details on how your data is used and stored: www.ageuk.org.uk/help/privacy-policy

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I would like to make a gift of £:

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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

[†] We, includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). 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 Tavis House, 1-6 Tavistock Square, London WC1H 9NA. **Age UK provides a range of services and your gift will go wherever the need is the greatest.**

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Age UK aims to enable all older people to love later life. We provide vital services, support, information and advice to thousands of older people across the UK.

In order to offer free information guides like this one, Age UK relies on the generosity of its supporters. If you would like to help us, here are a few ways you could get involved:

1 Make a donation
To make a donation to Age UK, simply complete the enclosed donation form, call us on **0800 169 8787** or visit **www.ageuk.org.uk/get-involved**

2 Donate items to our shops
By donating an unwanted item to one of our shops, you can help generate vital funds to support our work. To find your nearest Age UK shop, visit **www.ageuk.org.uk** and enter your postcode into the ‘What does Age UK do in your area?’ search function. Alternatively, call us on **0800 169 8787**

3 Leave a gift in your will
Nearly half the money we receive from supporters come from gifts left in wills. To find out more about how you could help in this way, please call the Age UK legacy team on **020 3033 1421** or email **legacies@ageuk.org.uk**



**Thank
you!**

What should I do now?

For more information on the issues covered in this guide, or to order any of our publications, please call Age UK Advice free on **0800 169 65 65** or visit www.ageuk.org.uk/homeandcare

Our publications are also available in large print and audio formats.



The Age UK Group offers a wide range of products and services specially designed for people in later life. For more information, please call **0800 169 18 19**.

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

