

Update

*The latest on what you
have helped us achieve*

May 2017

Tackling the care crisis



Our recent report into the health and care of older people highlights the immense challenges facing those who need support. There are now nearly 1.2 million people 65 and over who don't receive the help they need with everyday living, and more people are providing unpaid care for loved ones – especially those who are older themselves.

In his last Spring Budget, the Chancellor announced a £2 billion injection of funds for adult social care over the next three years, with a Green Paper outlining proposals for a long-term solution to be published in the autumn.

As we prepare for a General Election on the 8 June, it will be important to ensure that commitments to supporting and improving social care are maintained throughout.

At Age UK, we believe it will take at least five years to work out a solution to put social care on a sustainable track. The new system must make sure that older people retain their independence and dignity. This is not only essential to our wellbeing in later life, but makes economic sense as this would help relieve pressures on our over-stretched hospitals and families.

What your support means

Thanks to you:

- We're providing expert advice on care to help older people, families and carers to navigate the system, from getting a care assessment to applying for financial support. Through our information guides and Advice Line, we also offer advice to help older people wishing to live independently at home.
- We're calling on the next Government to invest in emergency funding to avoid complete system collapse while also developing a long-term, sustainable solution that listens to older people and their families.
- We're carrying out vital research into the needs of older people so that we can advise the Government on how to meet them. We're also working with health and social care services to help them deliver more integrated support that's focused on the individual.

Thank you for helping us to be there for older people

Protecting Attendance Allowance

In early 2016, the Government proposed passing responsibility for Attendance Allowance to councils in England. This would create a 'postcode lottery' instead of a single national scheme.

Because the population is ageing, the need for support will rise, but councils may not be able to increase funding to meet growing demand. This would mean that many older people who become disabled in future could miss out altogether.

In November 2016, we delivered an open letter signed by over 14,000 people to the Government asking them to protect Attendance Allowance. More than 3,000 people emailed their MPs, asking them to call on the Government to prevent the changes. We also worked with other organisations including the Local Government Association, Carers UK, housing and care groups, and health and disability charities.

What is Attendance Allowance?

Attendance Allowance is a vital way of supporting older people with an illness or disability to live independently. It's a weekly payment which is nationally administered and not means tested. Those in receipt of Attendance Allowance have the freedom to decide how to spend it, with many using their allowance for vital help around the home, transport to medical appointments or heating and fuel costs.

We did it!

On the 19 January, the Government announced that Attendance Allowance would not be transferred to councils. We're delighted that the Government has listened to all those who voiced their concerns and would like to thank everyone who supported our campaign to secure this vital means of support.



Our Advice Line provides older people and their families with practical help and advice on financial support they may be entitled to, including Attendance Allowance.

Tom's 81 year old dad was struggling to manage at home as well as being the main carer for his mum, who's partially sighted and needs help during the night.

Thankfully, Tom contacted our Advice Line. With our guidance, Tom's parents went on to claim Attendance Allowance, Carers' Allowance and Pension Credit to help with their day-to-day needs.

Names, personal details and images have been changed to protect privacy.



If you or someone you know would like information on Attendance Allowance or any age-related matter, please call our Advice Line on **0800 169 6565**. Alternatively, you can visit **www.ageuk.org.uk/publications** to download our guide to Attendance Allowance.

Ways to donate to Age UK

1 Call 0800 169 87 87 | **2 Visit www.ageuk.org.uk/update**

Travelling solo in Spain

Travelling without friends or family doesn't have to mean being on your own all the time. Increasingly, independent holidaymakers are choosing singles holidays - group trips with fellow solo travellers.

For her first holiday since becoming a widow, Eleanor Wasley spent six days exploring Southern Spain with 22 single travellers in their forties to seventies. The group took in many fascinating sights, including the highest village in Spain and the famous Alhambra.

Despite initial worries about tackling airports and flights by herself for the first time, Eleanor found that her holiday boosted her confidence. 'This is a good place to begin if you've never taken a holiday by yourself before. Everyone was very friendly. I can't wait for my next trip.'



Eleanor arranged her trip with Silver Travel Advisor, which helps over 50s to find a holiday suited to their needs. Their website provides information, advice and reviews from mature travellers. If you or someone you know would like to learn more, visit www.silvertraveladvisor.com



Boosting wellbeing in later life

Our Index of Wellbeing in Later Life, developed with the University of Southampton, analysed data from 15,000 people aged 60+ to measure the wellbeing of the UK's older population.

Overall, we found that age itself isn't a barrier to living well, but it's important to be open to trying new things. Interestingly, we found that being creative seems to have the most direct influence on our wellbeing in later life. No matter your age, here are some ideas for getting creative:

- **Dancing is a great way of keeping fit and meeting people.**
- **From knitting to collage, crafting allows you to unwind while learning something new.**
- **Music can lift your mood. You could join a choir, play an instrument or go to concerts or festivals.**

Ways to donate to Age UK

1 Call 0800 169 87 87 | 2 Visit www.ageuk.org.uk/update

Love Later Life Hero



Our Love Later Life Hero is Diane Halfacree, who has been presented with an Age UK Volunteer Award for her work in the Age UK Walsgrave Road shop in Coventry. Diane started volunteering in the shop 26 years ago and is such a key member of the team that she's been given the nickname 'Lady Di'!

Diane (on the right in photo) says the thing she enjoys most is helping people. 'I love the mix of customers who come in,' she says. 'Sometimes you'll be the only person that a customer speaks to in the day. It's a good feeling and puts life into perspective.'

Thank you very much Diane for all your hard work over the years!

We'd love to hear from you

Want to let us know what you think or nominate a Love Later Life Hero? We'd love to hear from you! You can write to: Rebecca Kentish, Tavis House, 1-6 Tavistock Square, London WC1H 9NA.

Coming up



28 June

Age UK's Spirit of Age Awards

are our way of saying thank you to people across the UK who help older people to love later life. As part of our work with the Jo Cox Commission to increase public awareness of loneliness, we'll be presenting an award in memory of Jo. The award will recognise outstanding work in helping to tackle loneliness among older people.



28-30 July

Prudential Ride London-Surrey 100

is an annual three-day festival of cycling. Starting in the Queen Elizabeth Olympic Park, the ride takes you through London, out into the Surrey countryside before finishing in front of Buckingham Palace. If you're in the area, come along and cheer on Team Age UK!



Virgin Money London Marathon 2017

On Sunday 23 April, our amazing team of runners tackled the London Marathon to help raise funds for Age UK. Congratulations to all the runners on such a fantastic achievement and thank you so much to everyone who sponsored our runners or came to support us on the day!

Thank you for helping us to be there for older people