

Signposting Resource Sheet



Does the older person you are working with have a question that you are unable to answer and need additional support? Or do they need longer term support than what you are able to provide?

Use this Signposting Resource Sheet to find useful information and resources that you can signpost the older person you are working with to.

Your local Age UK or Age Cymru – www.ageuk.org.uk

Your local Age UK or Age Cymru will know whether they offer any other services which the older person you are working with may find helpful. They may also know of local opportunities that the older person can get involved with. Visit the website to find their local Age UK. Alternatively, you can call the Age UK advice line on **0800 1696565**.

AbilityNet - www.abilitynet.org.uk

AbilityNet supports people of any age, living with any disability or impairment to use technology to achieve their goals at home, at work and in education. They do this by providing specialist advice services, free information resources and by helping to build a more accessible digital world.

You can call the AbilityNet **free helpline** on **0800 048 7462** to ask anything about how computers can be adapted to meet the needs of disabled people.

Get in touch with their network of 'IT Can Help' volunteers who provide disabled people with help with everyday IT needs.

Digital Unite - www.digitalunite.com

Digital Unite provide an award-winning range of 400+ how-to-guides, covering a whole host of different digital topics. Written by subject matter experts, and updated daily, the guides are perfect for supporting others with digital skills or improving your own knowledge.

RNIB - www.rnib.org.uk

The Royal National Institute of Blind People (RNIB) are one of the UK's leading sight loss charities and the largest community of blind and partially sighted people. They host a Technology Resource Hub where you can access the latest technology facts, tips and guides. You can also speak to one of their Technology for Life Coordinators by calling **0303 123 9999** or emailing tfl@rnib.org.uk

The Good Things Foundation - www.goodthingsfoundation.org

The Good Things Foundation are a social change charity that help to improve the lives of people through digital. Their 'Learn My Way' website offers free online courses, helping people to develop digital skills to make the most of the online world. Access this at www.learnmyway.com