

Update

*The latest on what you
have helped us achieve*

September 2016



Our aim at Age UK is to make the UK a great place to grow old. With your help, we're working hard to achieve this goal. Keeping healthy and looking after ourselves in later life is really important and our work in health and wellbeing is already benefitting thousands of older people.

With your support we're able to provide advice and support on a range of topics. For many older people and their families age-related health conditions, such as dementia, can have a huge impact on their quality of life. Angela, who you'll read about later found herself feeling lonely and socially isolated when her husband developed dementia. For Angela and thousands of older people like her, we are working tirelessly to continue to provide and develop the right support to enable them to live their lives well.

As well as supporting people through our services, we are also working with the Government to help make sure the needs of older people are considered. In this way we can help key policy makers to make informed decisions and positive improvements to the way in which older people are supported.

It might surprise you to know that loneliness also affects our health and wellbeing, in fact it can increase the risk of having a stroke or developing coronary artery disease by about 30 per cent. We'll be raising awareness of older people who are lonely through our annual Christmas campaign. Over a million older people are chronically lonely, and Christmas often highlights the contrast between those of us who celebrate amongst friends and family and those who find themselves totally alone. With your help we aim to reach out to thousands more older people and help combat loneliness.

Thank you for helping us support older people in need

Brain health in later life

Regular exercise not only helps physical fitness but also lowers the risk of cognitive decline and can even improve our brain structure and function.

Age UK are proud to be a co-founder of the Global Council on Brain Health (GCBH), an independent international collaboration of scientists, health professionals, scholars and policy experts. The group offers advice on how we can maintain and improve our brain health as we age. Following a recent review of findings from research around the world, they concluded that a physically active lifestyle can help reduce the risk of cognitive decline in later life.

To keep your brain healthy, GCBH advise leading a physically active lifestyle throughout the day – for example by walking, using the stairs or

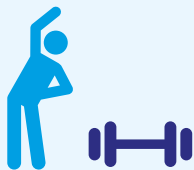
gardening – and taking regular exercise every week, including muscle strengthening activities. They recommend you aim for around two and a half hours a week of moderate-intensity aerobic activity to raise the heart rate like brisk walking, swimming or cycling. By identifying enjoyable ways to be active on your own or with other people, you're more likely to stay motivated and keep it up.

Remember to discuss your ideas with your GP if you haven't been exercising regularly, or if you have a condition that restricts your movements.

For those of us who aren't currently physically active the GCBH offer the following tips:



Slowly increase your level of activity **challenging yourself more** over time.



Do a range of exercises, including **strength training, aerobics**, and those that improve **flexibility** and **balance**.



Try **new physical activities and exercises** that you think **you will enjoy**.



Consider doing **physical activities and exercise with other people** to help stay motivated.



Take the stairs instead of the escalator whenever possible.



Keep going! It helps to be **patient and persistent**.

Ways to donate to Age UK

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

The invisible army of older carers

An astonishing one in seven people aged 80 and over provide some form of care to family or friends. Over half of older carers who look after a loved one in their own home spend more than 35 hours a week providing care. By 2030 experts estimate there will be more than three quarters of a million carers aged 80 and over.

Last year our Advice Line received over 70,000 calls from older people and their loved ones about care. It is so important that carers also have the right support and information and information to ensure they can maintain a good quality of life. We are working with the Government and policymakers to ensure that the right support is in place and their contribution isn't an invisible one!



We're here to help

Angela, 93, is a full-time carer for her husband Leon, 92, who has dementia. Making sure Leon was well looked after, had eaten properly and had taken his medication became increasingly demanding on Angela's time and she found herself becoming more and more isolated. Angela rarely left the house and was unable to visit her friends or take part in the social activities she had once enjoyed so much. Thankfully their daughter Sarah, who lives abroad, knew about our Advice Line and called to find out how she could help her parents.

We were able to advise Sarah on how to access support from Social Services and other organisations. We advised her of the financial help that might be available to help pay for outside care and to help her mother in her role as a carer. Sarah received our relevant information and advice guides so that she had all the information she needed to help her parents.

If you or a loved one could benefit from impartial information and free advice, **call Age UK's Advice Line on 0800 169 65 65.**

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Living well

Leading a healthy lifestyle is an important part of being able to live well. A healthy diet and lifestyle doesn't need to be boring or expensive. Just a few small changes can make a big difference. We've put together some handy tips that will help improve your wellbeing.



Getting active

you don't have to be moving around to benefit from exercise. Exercising while sitting or holding on to the back of the chair is ideal for improving muscle strength and flexibility.



Mental wellbeing

try and meet up with friends or put time aside to enjoy a hobby that helps you feel good about yourself.



Healthy eating

no single food contains everything that you need to stay healthy, so the golden rule is to eat a variety of foods each day.

For further information request our **Healthy Living** guide by calling **0800 169 65 65** or downloading it from our website.

We'd love to hear from you

Share what you think of our newsletter or nominate a Love Later Life Hero. You can write to: Rebecca Kentish, 4th floor, Tavis House, 1-6 Tavistock Square, London WC1H 9NA.



Love Later Life Hero

Nainette Rayner is this edition's Love Later Life Hero.

Nainette published her first novel shortly before her 89th birthday. After reading about a creative writing group in her local press, she decided to join up and the talent flowed! Shortly after joining Nainette published her first novel. We hope that reading about her incredible achievement will inspire others to take up a new hobby or set themselves a new challenge.

Upcoming events



2 October

We're celebrating Grandparents' Day to honour the millions of grandparents across the UK. It's the perfect opportunity to have some fun and reflect on how important grandparents are.



8 December

The festive season will soon be upon us. This year, Age UK's Love Christmas carol concert is at Cadogan Hall, Sloane Square, London. For more information or to book tickets visit www.ageuk.org.uk/lovechristmas

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Names and personal details may have been changed to protect privacy.

Age UK 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 greatest. ID203262 09/16