



advice and support for older age

**Independent
Age**

**Free, confidential
advice for older
people, and their
families and carers**



It's such a
relief to speak
to an expert

Free advice line:

0800 319 6789

Monday to Friday, 8am to 8pm
Saturday and Sunday, 9am to 5pm

We are a national charity providing expert and confidential advice for older people, their families and carers on issues including:

- staying independent at home
- other housing options
- care assessments and eligibility
- paying for care
- health services
- welfare benefits
- staying socially connected
- assessments for carers.

Our advisers are knowledgeable and patient. They may answer your query straightaway or, if you need more time, they may book in a follow-up appointment with you for a detailed discussion.

Just give us a call, or you can email your query to advice@independentage.org.

We also produce free factsheets and Wise Guides on benefit and related entitlements, living independently, staying healthy and connected, care homes, and the NHS.

To order your free copies, call **0800 319 6789** or email **advice@independentage.org**. You can also read our materials and download our factsheets at **www.independentage.org**.



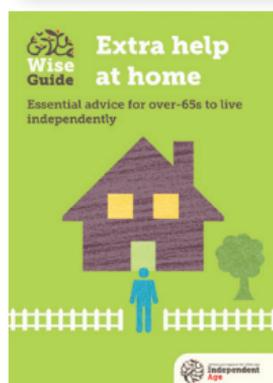
Wise Guide 1: Advice for Later Life

tells you what to do about benefits, debt, discounts and more.



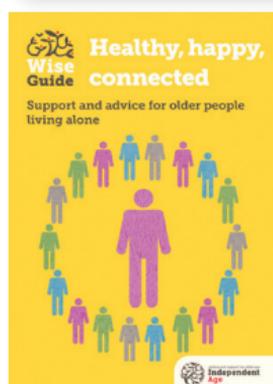
Wise Guide 2: Extra Help at Home

shows you how to stay in the home you love for longer.



Wise Guide 3: Healthy, Happy, Connected

helps you to stay physically and socially active.



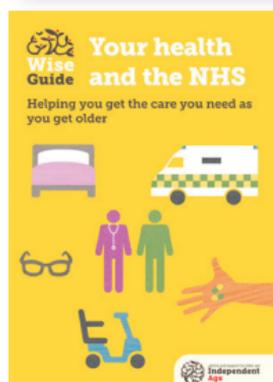
Wise Guide 4: Choosing a Care Home

advises on how to find the best home for you.



Wise Guide 5: Your Health and the NHS

helps you get the most from the health service.



"I phoned the advice line after I'd had a fall. I'd been so worried because my health was getting worse, but the adviser really reassured me. She told me how to get a social services assessment and talked me through home care options. It was so helpful - I even found out that I'm entitled to Attendance Allowance, which gives me extra money each week."

**Call us on 0800 319 6789
for free independent
advice.**

Language Line
translation
available.

LanguageLine
SolutionsSM

We hold the Advice Quality Standard, which means we adhere to the strict standards set by the Advice Services Alliance. We provide a confidential service and protect personal information.



About Independent Age

Founded over 150 years ago, Independent Age is a growing charity that provides regular, friendly contact, practical advice and a campaigning voice to speak up on matters that are important to older people.

We give expert advice through our advice line, and also through printed and online information, guides and factsheets.

All our services are free.

For more information, visit www.independentage.org.



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