



advice and support for older age

**Independent  
Age**

# Free guides for later life

Our **Wise Guides** tell you everything you need to know to help you get the most out of older age.



## Wise Guide 1: Advice for Later Life - Support and entitlements for over-65s

- boost your pension and cut your bills
- make your home safer and easier to manage
- get tips to stay safe online.



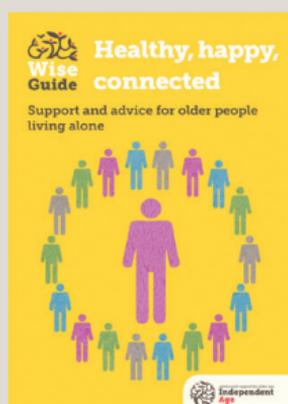
## Wise Guide 2: Extra Help at Home - Essential advice for over-65s to live independently

- know where to apply for a grant to adapt your home
- find out how to get help with your garden
- find ways to 'stay put' for longer.



## Wise Guide 3: Healthy, Happy, Connected - Support and advice for older people living alone

- find ways to get the most out of life
- get simple tips to stay healthy
- discover how to get help if you're feeling down.



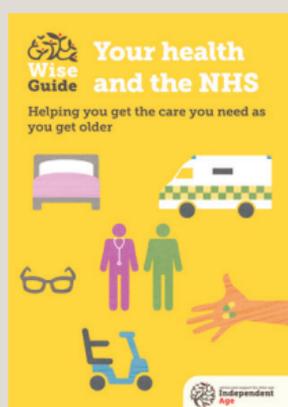
## Wise Guide 4: Choosing a Care Home - Support and advice to get the best from your move

- explore your later life housing options
- get tips on how to choose a care home
- find out about care home fees and what you should be paying.



## Wise Guide 5: Your Health and the NHS - Helping you get the care you need as you get older

- get all the free checks you're entitled to
- find out what your rights are
- know where to go to get your health needs met.



**To order your free Wise Guides, call 0800 319 6789.**

Or you can order by emailing **advice@independentage.org** or visiting **www.independentage.org**.

Alternatively, fill in the tear off slip and post it back to us (no stamp or additional address details required).

Name

Address

Postcode

Telephone number

Email

Which Wise Guide(s) would you like? (please tick)

- 1 - Advice for Later Life**
- 2 - Extra Help at Home**
- 3 - Healthy, Happy, Connected**
- 4 - Choosing a Care Home**
- 5 - Your Health and the NHS**

Are the Wise Guides for you?   
Or for someone else?

If you'd like to speak to a friendly adviser, call us free on **0800 319 6789** for confidential, independent advice.

**Data protection** We would like to contact you from time to time to keep you posted with our activities and updates. Please tick the box if you do NOT want us to do this.

**FREEPOST  
INDEPENDENT AGE**

## About Independent Age

Independent Age is a growing charity helping older people across the UK to live more independent, fulfilling lives.

Founded over 150 years ago, we are an established voice for older people and their families and carers, offering free advice and information and providing services, such as befriending, to promote wellbeing and reduce loneliness.

In addition to this, we use the knowledge and understanding gained from our frontline services to campaign on issues that affect older people, like poverty, loneliness and carers' rights.

For more information, visit [www.independentage.org](http://www.independentage.org).



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Independent Age is the operating name of the Royal United Kingdom Beneficent Association  
Registered charity number 210729