



advice and support for older age

**Independent
Age**

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



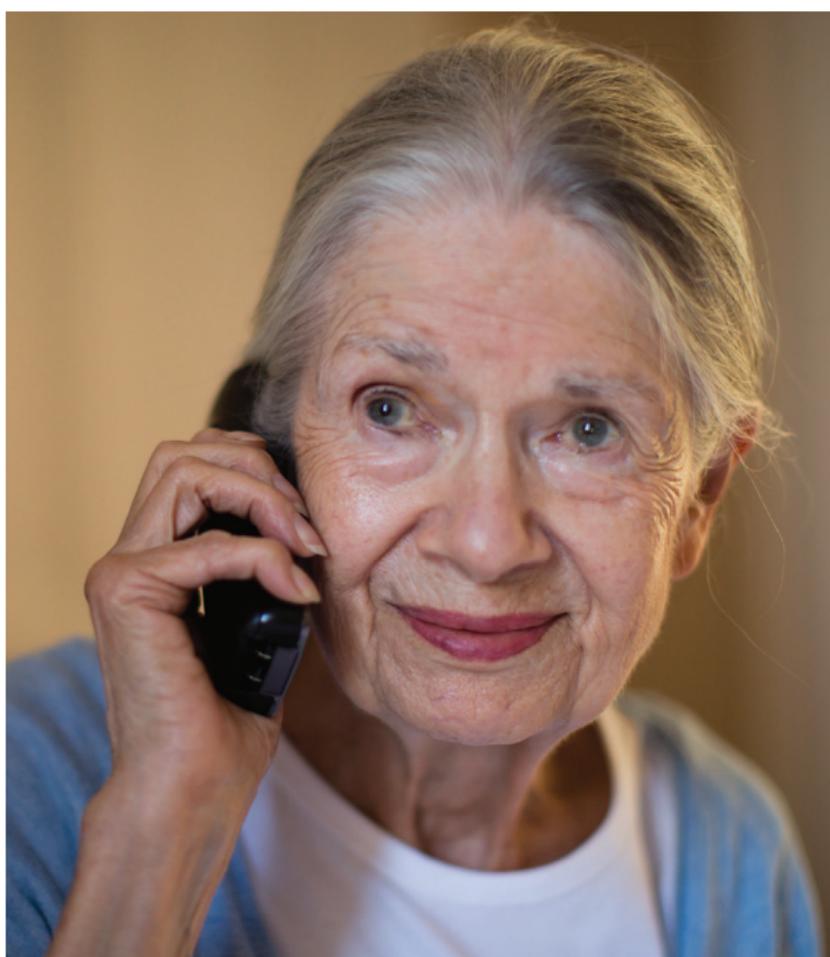
It's such a
relief to speak
to an expert

Our Guides

Our free guides and factsheets are full of information to help you boost your income, find the care you need, remain independent, choose the right place to live, stay connected with others, and more.

To order your free copies, call 0800 319 6789, or read and download them at www.independentage.org/order

Large print and audio versions are also available.



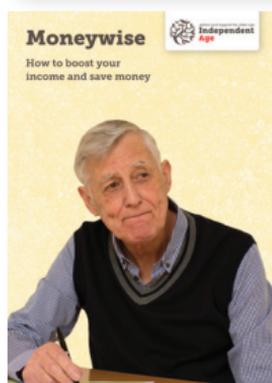
Advice for later life

How to get discounts and entitlements, cope with changing circumstances, and more



Moneywise

Simple tips for boosting your income and saving money



Extra help at home

How to stay in the home you love for longer



Choosing a care home

How to manage a move to a care home, including advice on paying for care



How to find the right care home

Advice on where to start your search and how to choose the best home for you



Being winter wise

Tips for cold weather, including Winter Fuel Payments



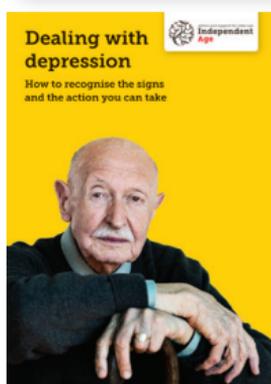
If you're feeling lonely

How to stay connected and where to find support



Dealing with depression

Recognising the signs and the action you can take



Staying in control when you're older

How to avoid being mistreated and what to do if it happens



To order your guides or for free independent advice, call us on 0800 319 6789

Free Helpline

0800 319 6789

(Monday to Friday, 8am-8pm,
weekends and bank holidays,
9am-5pm)

Our Helpline

Independent Age is a national charity. We provide free expert and confidential advice for older people, their families and carers. Our particular areas of knowledge include:

- care and support
- money and benefits
- health and mobility.

Our Helpline team are friendly and helpful. If we can help right away we will do, and if you need advice on something a bit more complicated we will arrange a time for you to speak to one of our advisers.

Call our freephone line on 0800 319 6789, or email your query to advice@independentage.org

About Independent Age

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility.

A charity founded over 150 years ago, we're independent so you can be.

For more information, visit www.independentage.org



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