



advice and support for older age  
**Independent  
Age**

## 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 older people and their families 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 older people can be.

**Helpline 0800 319 6789**  
**[www.independentage.org](http://www.independentage.org)**

## What we do

Making a measurable difference to the lives of older people through:



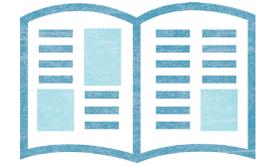
### Information and advice

We give free, confidential advice over the telephone for older people, their families and carers on issues such as getting help at home, care assessments, staying in touch with other people and welfare benefits. We also produce free guides and factsheets.



### Friendship Services

With the help of our committed volunteers, we provide Friendship Services for older people to relieve loneliness and isolation. These are delivered through regular phone calls, visits, telephone discussion groups and more.



### Policy and campaigning

We use the knowledge and insight gained from our frontline services, as well as our own research, to inform and influence public debate. Our policy work and campaigns focus on health and care, money and inequalities, and loneliness.

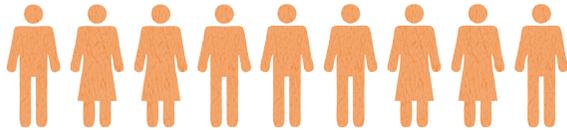


## Why we are needed

Over **1m** older people say they often or always feel lonely



### POVERTY



**1.6m** pensioners live below the poverty line

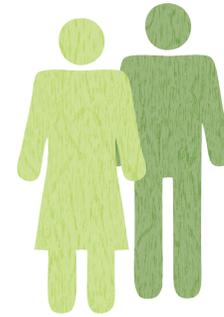
**1.2m** older people in England have at least one unmet care need



## How you can help

### Become a volunteer

Whatever your talents, you can use them to help improve the lives of older people. We have all kinds of roles available, from visiting or calling older people to helping support our new volunteer recruits.



### Campaign with us

Our frontline work informs our campaigns and drives us to put pressure on decision-makers to make change happen. Join us to make sure older people get a fair deal.



### Make a donation or fundraise for us

We receive no state funding and rely on income from individuals, trusts and other sources to continue providing our services. Help us achieve our ambitious targets to help even more older people in need.



“ I think Independent Age is the most wonderful thing in the world. It doesn't matter about your background or your religion or anything, they will help you if you need help and that's what their logo says, to help you be more independent. ”

Rita, 75

### For advice or more information:

Call our Helpline on **0800 319 6789**

(open Monday to Friday, 8am-8pm, and Saturday to Sunday, 9am-5pm).

Visit our website at [www.independentage.org](http://www.independentage.org)