

# Coping with alcohol and drug misuse



Understanding the risks and where to get support



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Patient Information Forum

## Thank you

Independent Age would like to thank those who shared their experiences as this guide was being developed, and those who reviewed the information for us.

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The sources used to create this publication are available on request.

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# About this guide

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Although only a small number of people are affected, the harmful use of alcohol and drugs is increasing amongst older people. Changes to our bodies in later life make us more sensitive to the effects of drugs and alcohol, so that even moderate use can become a problem. Over time, this can have an impact on many areas of life.

This guide explains the risks and gives information about the help available. If you're affected by drink or drug misuse, there are effective treatments and sources of support.

We spoke to older people about their experiences. Their quotes appear throughout.

In this guide you'll find references to our other free publications. You can order them by calling **0800 319 6789** or visiting [independentage.org/publications](https://independentage.org/publications).

# What is alcohol and drug misuse?

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Many people like to have a drink sometimes or use recreational drugs such as cannabis or cocaine. It may be something you've been doing for years or started only recently. You may have bought or been prescribed medication that can be addictive. Alcohol and other drugs become a problem when you continue to use them in a way that is harmful. This is when use becomes misuse.

The drugs that older people most commonly misuse are alcohol, prescribed painkillers and medication for anxiety and sleep problems. Alcohol is the most common. If you're drinking at home, it can be hard to keep track of how much you're drinking. Your family or friends may even encourage it as 'one of life's pleasures'.

See chapter 4 for more on understanding the risks.

## What leads to alcohol and drug misuse?

Some people turn to alcohol or drugs to help them cope with difficult times such as the life changes that may come with old age – for example, a bereavement, retirement, ill-health or mobility problems. If you're lonely and socially isolated, you may use alcohol or drugs to help you deal with boredom or depression. You may use them if you can't sleep well or you're in pain. You might lose track of how your medication should be taken.

Drug and alcohol misuse is often a hidden problem for older people. You might feel ashamed and reluctant to ask for help. You may not be aware that there's a problem. If you're not coming into contact with other people, it can go unnoticed.

**When you're at home on your own drinking, the outside world doesn't see you and you can cover it up in the early stages.**

It can also be missed by health professionals, who may assume your problem is the result of another health issue such as depression or dementia. They might not think to ask you about your alcohol and drug use. This can make it difficult to access treatment services.



## Signs that you may have a problem

To begin with, drinking or drugs may make you feel good or help to relieve stress or pain. However, the feelings of relief are only temporary and if you continue, you risk becoming dependent on them.

Dependency starts when you crave the feelings of pleasure or 'high' and have a strong urge to repeat the experience. You need more and more to get the same effect – this is called tolerance – and it takes

longer to get the effect. You may experience withdrawal symptoms if you try to stop, such as tremors, sweating, nausea, irritability, depression, anxiety, problems sleeping and, in extreme cases, hallucinations and seizures. This happens because repeated use causes changes to the brain. Drugs and/or alcohol then become the focus of your everyday life.



If you're worried, ask yourself the following:

- Do you find it difficult to set limits or to stop yourself drinking or using drugs, even if you want to or you're experiencing unpleasant side effects?
- Have you been taking a prescription drug for longer than you were advised?

- Have you lost interest in things you used to enjoy because of drinking or drugs?
- Do you have trouble managing your daily life – for example, washing, cooking, cleaning?
- Do you spend a lot of time thinking about alcohol or drugs?
- Is drink or drug use affecting your relationships with those around you?
- Have your family or friends raised concerns about your drug or alcohol use?
- Have you had an accident as a result of alcohol or drugs?

If you answered yes to some of those questions, you may have a problem.

Addiction is when the substance becomes the most important thing in your life and you can no longer control how much you use. Your life revolves around seeking it, taking it and recovering from its effects. Addiction isn't common but it can creep up on you. It isn't a question of 'willpower' – addiction is an illness – but with the right treatment, you can recover.

If you're worried about your alcohol or drug use, see chapter 3 for where you can get help.

## How you might be affected

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Problem drinking or drug use can harm your physical and mental health, cause difficulties in your daily life and affect the people around you.

### Your physical health

Not everyone will be affected, but you will be at increased risk of the following:

- problems with your balance, which could lead to falls and injury
- incontinence
- problems sleeping and tiredness during the day
- blackouts or fits
- medical conditions such as high blood pressure, cancer, liver disease, heart disease or stroke
- other medication you've been prescribed not working as well as it should
- loss of appetite, which could lead to malnutrition.



## Your mental health

Your mental health describes your emotional wellbeing – how you think and feel about yourself, and how you deal with everyday stresses. All drugs and alcohol have some effect on your mental health, changing your mood and the way you see things. The effects depend on what you're using but could lead to:

- anxiety – especially as the effects of the substance wear off, making you want more to curb this feeling
- depression
- confusion
- memory loss and dementia.

You can find out more about the effects of alcohol misuse on your physical and mental health on the NHS website ([nhs.uk/conditions/alcohol-misuse/risks](https://www.nhs.uk/conditions/alcohol-misuse/risks)). To find out more about the short- and long-term effects of a specific drug, contact Frank, the national drugs service ([0300 123 6600](tel:03001236600), [talktofrank.com](https://talktofrank.com)).

For information and advice about alcohol and dementia, contact the Alzheimer's Society ([0300 222 1122](tel:03002221122), [www.alzheimers.org.uk](https://www.alzheimers.org.uk)).



## Your daily life

**I used to have a good job, plenty of money, could buy any car I wanted, big house, wife and kids. Drink took over and I have ended up with no job, no wife, I don't see the kids, and no money.**

Drug and alcohol misuse can have a serious impact on every aspect of your life including your relationships, finances and housing. You may neglect yourself and your everyday tasks. Misusing drugs or alcohol could cause falls or other health issues, which may lead to a loss of independence. You could risk losing your home if you can't maintain it properly or keep up with rent or mortgage payments.

See chapters 3 and 6 for where you can get support.

## Where to get support

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It may be hard to admit that you have a problem – you may feel embarrassed or ashamed – but there are many ways you can get help. You can prevent the serious consequences of drug and alcohol misuse by seeking help early. It may seem that others are nagging you, but they are usually genuinely concerned that you receive the help and support that you need.

### Ask for help

**Take the first step. It's probably the hardest thing you've ever done but talk to someone and save your life.**

If you think you have a problem, start by talking to your GP, even if you're just a little bit worried. Try to be honest about how much and how often you're drinking or using drugs. If necessary,

your GP can refer you for specialist assessment or treatment.

If you're not comfortable talking to your GP, you can contact local treatment services yourself. You can find a directory of drug treatment services on the Frank website or call the helpline ([0300 123 6600](tel:03001236600), [talktofrank.com/get-help/find-support-near-you](https://talktofrank.com/get-help/find-support-near-you)). The NHS website also has a directory of drug services ([nhs.uk/Service-Search/Information-and-support-for-drug-misuse/LocationSearch/339](https://nhs.uk/Service-Search/Information-and-support-for-drug-misuse/LocationSearch/339)).

For alcohol support services, visit [nhs.uk/service-search/Alcohol-addiction/LocationSearch/1805](https://nhs.uk/service-search/Alcohol-addiction/LocationSearch/1805) or call Drinkline – a free, confidential helpline – on [0300 123 1110](tel:03001231110).

## Getting support that meets your needs

If you have particular support needs because of your cultural or religious background, mention this when you're being referred – for example, if you need to see a male or female health professional.

You have a right to receive information in an accessible format if you need it – for example, large print, audio or Braille – or to get support from a British Sign Language interpreter.

## Advocacy

If you need help to express yourself or you're finding it difficult to get the support you need, you may benefit from the help of an independent advocate. Ask your local council for details of advocacy services in your area or contact Mind (**0300 123 3393**, [mind.org.uk](http://mind.org.uk)) or the Older People's Advocacy Alliance ([opaal.org.uk](http://opaal.org.uk)). In some situations, you may have a legal right to an advocate. For more information, see our factsheet **Independent advocacy**.



## Types of treatment

**I was diagnosed as having type 2 diabetes. The practice nurse gave me advice on how to improve it. She was very good and very direct about the damage I was doing to myself. I made the decision to go to Alcoholics Anonymous myself as I was drinking about 45 units a week.**

Your treatment will depend on what you're using and what you want to achieve. You might just want help to cut down or you may need to stop completely.

If you're referred for treatment, you may be asked to give a urine or saliva sample (for drug use) or have a blood test (for alcohol and/or drug use). It's important to be honest about your drinking or drug use. For example, if you're prescribed medication, it could interact with whatever you're using.

All areas have a local drug and alcohol treatment service. You should be given a key worker who will make a care plan with you and see you on a regular basis. Treatment may include:

- psychological or talking therapies, such as counselling or cognitive behavioural therapy (CBT), which can help change the way you think and act. This may be one-to-one or in groups
- detoxification (detox) treatments to help you stop drinking or using drugs. You may be able to do this at home if your symptoms are mild, but for older people it's often best to do this in a hospital or clinic
- medication – you may need medication to control cravings or to help with withdrawal symptoms, which could include anxiety, sweating, tremors or nausea. For example, you may be prescribed medication which gives you an unpleasant reaction when you drink.



Private treatment is also available but can be very expensive. You may be able to get a referral through the NHS.

You may need a combination of treatments. If you have other problems that caused you to start using in the first place or that have been made worse by it, you should be offered help to deal with those.

See our guides **Dealing with depression**, **Managing anxiety** and **Coping with bereavement** for more information about the support available if you've been affected by these issues.

**I had huge support from NHS psychology services in the form of both individual and group therapy. Talking about how I was feeling and why I wanted to use was the first step in getting back some control and resuming 'normal life'.**

## Charities and support groups

Support groups such as Alcoholics Anonymous or Narcotics Anonymous are usually for people who want to stop completely. Your GP or NHS services should give you information about self-help groups. You may be given support to attend for the first time, such as help arranging an appointment or transport if you have mobility problems, or someone to go with you.

See chapter 6 for contact details of organisations that may be able to help.

## Aftercare

**If I look at the consequences of starting to drink or take drugs again, they are not good. In reality, my only option now is to stay off the booze and weed if I want to stay alive.**

Drug and alcohol dependency is a long-term condition and relapse is a common part of the

recovery process. You shouldn't be disheartened by setbacks along the way. If you're affected, you'll probably need ongoing support.

Rehabilitation and recovery programmes can help you stay on track. Speak to your key worker or see chapter 6 for useful contacts.

## Support for other mental health problems

If you have other mental health problems and you misuse drugs or alcohol, you may be given what's known as a 'dual diagnosis'. If you have severe mental health problems, mental health services should be responsible for your treatment. You may be offered a range of services, depending on your situation, including support with housing and benefits.

## Help with practical problems

If you're finding it difficult to look after yourself, make sure you're getting enough support. Start by asking your local council for a care needs assessment. This will look at how you manage everyday activities like getting dressed and preparing food, and whether you need help. You can find contact details in the phone book or on [gov.uk/apply-needs-assessment-social-services](https://www.gov.uk/apply-needs-assessment-social-services). Our guide **Getting help at home** has more details.

If you have money worries, make sure you're claiming all the benefits you're entitled to. You could use our online benefits calculator ([independentage.org/benefit-calculator](https://independentage.org/benefit-calculator)) or call our Helpline (**0800 319 6789**) to arrange a benefits check. Our free **Moneywise** guide has more information about the help available.

If you need advice about benefits or social care, contact the Independent Age Helpline on **0800 319 6789** to arrange to speak to an adviser.

## Managing pain

Your GP should be able to help you if you're struggling with pain. If you've become addicted to a prescription drug such as an opioid painkiller, you may need another way to deal with pain. Your GP may refer you to a pain clinic, where you could be offered a pain management programme.

You can also get information from organisations such as the British Pain Society (**020 7269 7840**, [britishpainsociety.org](https://britishpainsociety.org)) or Pain Support ([painsupport.co.uk](https://painsupport.co.uk)), which has useful resources and an online forum. Or you could try the online Pain Toolkit ([paintoolkit.org](https://paintoolkit.org)). See our guide **Living well with long-term health conditions** for more information.

## Managing your medication

It can be difficult to keep track of your medication, especially if you're taking more than one. If you're concerned about any medication you're taking, speak to your GP or pharmacist. You may be entitled to a Medicines Use Review with your pharmacist if you have a long-term condition or you're taking more than one medication.

If you've become addicted to a prescribed medication, make sure your GP records the information so you're not prescribed the same medication again in future.

Many people go online to buy prescription medication but this can be dangerous. The medication may be of poor quality or unsuitable for you and you could risk side effects or serious health problems. Make sure the seller is registered with the General Pharmaceutical Council and registered in the UK. It's illegal for a website to sell prescription medication to you without a prescription.

## Ways to help yourself

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As well as seeking support, there are many things you can do to help yourself.

### Understand the risks

It's important to be aware of the risks of drinking or taking illegal, prescription or over-the-counter drugs.

Government guidelines suggest that men and women shouldn't regularly drink more than 14 units per week. However, even these amounts may be too much for older people. Ask your GP or other health professionals for advice about safe drinking.

It can be difficult to work out how many units you're drinking. It depends on the strength of the alcohol and the size of the glass, for example. You can find calculators online to help you work out whether you're at risk such as [alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator](https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator) and [drinkwiseagewell.org.uk/drink-wisely/understanding-your-drinking](https://drinkwiseagewell.org.uk/drink-wisely/understanding-your-drinking).

## What is a unit? A UK unit is 10ml of pure alcohol

### Lager/beer/cider



**2 UNITS**

4.5% ABV



**1.7 UNITS**

5% ABV



Regular

**2 UNITS**

3.6% ABV



Strong

**3 UNITS**

5.2% ABV

### Wine

white/red/rosé 12% ABV



Standard 135ml

**2.1 UNITS**



Large 250ml

**3 UNITS**

### Spirits 40% ABV



Single shot 25ml

**1 UNIT**

ABV = alcohol by volume

If you want to know more about prescription drugs or over-the-counter medication, you can find information on the electronic Medicines Compendium (eMC) ([medicines.org.uk/emc](https://www.medicines.org.uk/emc)) or ask your pharmacist.

Read the written information that comes with your medication and keep it safe for future reference. Mixing alcohol and other drugs can be dangerous.

You can get detailed information about recreational drugs and their effects from organisations such as Frank or Mind. See chapter 6 for contact details.

## Look after yourself

Eating a healthy, balanced diet and taking regular exercise can help with your recovery. Find other ways to relax and cope with stress. Relaxation techniques and breathing exercises can help you to feel calmer. You can find breathing exercises on the NHS website ([nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress](https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress)).

Mindfulness is a technique that may help you ([mind.org.uk/mindfulness](https://www.mind.org.uk/mindfulness)). It's a way to stay connected to the present moment by focusing on what's going on inside and around you, and could help you overcome cravings for example. If possible, do it with a trained professional rather than by yourself and get advice from your GP before you try it.

## Tips for cutting down

- Set yourself goals.
- Reduce your intake gradually. It can be dangerous to stop suddenly. Make sure you get help.
- Set a budget so you know how much you're spending.
- Let people know – tell family and friends and explain why you're cutting down so they can support you.

- Keep track of how much you're using by writing it down.
- Keep a diary to help you work out the things that make you want to take a drug or have a drink.
- If you're tempted, remind yourself of the negative consequences and why you want to change.
- Reward your progress – for example, you could spend the money you save on something for yourself.

You can get worksheets and other useful resources to help you manage your drinking or drug use from some of the organisations listed in chapter 6.

## Maintaining recovery

**You need determination and resilience to deal with giving up.**

You may have setbacks. Don't be hard on yourself if this happens. Try to build a support network of people who understand. Don't be afraid to ask for help, for example, if you're struggling with withdrawal symptoms.

Try to work out what makes you want to go back to taking a drug. Find other things to do and social contacts that help you stay away from the people or situations that make you want to start using again.

Talking to other people in a similar situation can be very helpful. See chapter 6 for details of organisations that can put you in touch with support groups in your area. These may be face-to-face or online. You might also find it helpful to attend meetings such as those run by UK Smart Recovery or Alcoholics Anonymous.

## Stay connected

**When my uncle retired, he became really isolated and his community moved on. He's lost contact with work friends, others have moved away to be near family, or they've died. I think in the pub he gets to talk to people.**

Find ways to keep busy that don't involve alcohol or drugs. Your friends and family may be able to

help you with this. Go back to a hobby or take up a new one that helps to distract you, like art or music.



You could ask your GP if there's an ecotherapy programme in your area that they can refer you to. This can involve doing outdoor activities such as gardening, conservation or arts and crafts. Contact your local Mind for information ([0300 123 3393](tel:03001233393), [mind.org.uk/information-support/local-minds](https://mind.org.uk/information-support/local-minds)).

**Boredom is a killer and drinking fills time. Do voluntary work. Get involved.**

Our guide, *If you're feeling lonely* has more ideas for staying connected.

## Hank, 67

"I started drinking small bottles of beer when I was 13. Drink was exciting then and I got a taste for it. I came from a background where there was drink in the house and I think my dad might have been doing the same as me - he could drink when he wanted and then leave it alone at other times.

"I drank more and more, and down the line I saw that I had a problem. I realised that drinking is a mistake. It's an easy escape from how you're feeling. It stops you having to face up to life. I didn't know how else to enjoy myself and if someone upset me, I would use it as an excuse to drink more.

"Looking back, I probably hadn't learnt to deal with difficult feelings without the help of alcohol. As a person I've always seemed happy-go-lucky to a certain extent but I wasn't that happy. I was putting on a front.

"I arrived at a point where I couldn't remember myself sober. I was an alcoholic, spending money I couldn't afford. I swapped alcohol for cannabis. I told myself it was a soft drug and

would be okay but I soon realised someone like me could be addicted to anything. I'd be in a really bad mood if I couldn't get hold of any.

"I decided I needed to change. Counselling, AA and Narcotics Anonymous meetings really helped me. So did SMART meetings – it stands for Self-Management and Recovery Training and uses cognitive behavioural therapy and motivational techniques. I went for help several times a week. I wanted to get myself clean.

"I'm still careful to keep away from temptation as the devil is always on your shoulder. I keep going to AA once a week. There's true fellowship there. We can help each other.

"My family all know I don't drink and they would never offer me alcohol. They're all proud of me for what I've achieved and that is tremendously satisfying."



Picture posed by model

## If you're worried about someone

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If you're concerned that someone you know might be misusing drugs or alcohol, try speaking to them and encourage them to get help. Be patient – it can take time for someone to admit they have a problem. Reassure them that they won't be judged.

Help them to find the right support. You could go with them to appointments if they would like you to. Many people are able to recover from drug or alcohol problems but it can take a long time and the person you're helping may go through different stages – from thinking about change, taking action, to relapse and having to start again. If they have setbacks, encourage them to return to their recovery plan.

**Help them to find other things to enjoy and live for beyond drink and drugs.**



## Look after yourself

Living with someone who is misusing drugs or alcohol can be extremely stressful and helping them to stop can be a difficult and frustrating experience. You may feel worried and alone. Make sure you get support for yourself as well.

It can be helpful to talk to other people who have been in a similar situation. Carers UK ([0808 808 7777](tel:08088087777), [carersuk.org](http://carersuk.org)) or Carers Trust ([0300 772 9600](tel:03007729600), [carers.org](http://carers.org)) can put you in touch with local carer's groups. See our guide **Caring for someone** for more information about the support available for carers.

Some organisations have support groups or helplines specifically for families and carers

affected by someone's drinking or drug use. They include Al-Anon family groups ([0800 0086 811](tel:08000086811), [al-anonuk.org.uk](http://al-anonuk.org.uk)) and DrugFAM ([0300 888 3853](tel:03008883853), [drugfam.co.uk](http://drugfam.co.uk)). Drink Wise, Age Well has a useful guide for family, friends and carers ([drinkwiseagewell.org.uk/get-support/for-families](http://drinkwiseagewell.org.uk/get-support/for-families)).

Ask your GP for details of other organisations that may be able to help. See chapter 6 for more useful contacts.

## If you're worried about someone's safety

Older people who misuse alcohol or drugs can be at increased risk of self-neglect or abuse. You may be worried that someone you know can't look after themselves or that people they associate with are stealing from them. If you're concerned about someone's wellbeing, contact the adult social services department at their local council. Many councils have a dedicated safeguarding team to help adults who are at risk. See our guide **Staying in control** for more information.

# Useful contacts

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There are many organisations that may be able to help you. They offer information and advice, useful resources, support groups or online forums. You may need to try more than one before you find support that's right for you. Some of these organisations charge for their services and they may not all operate in your local area.

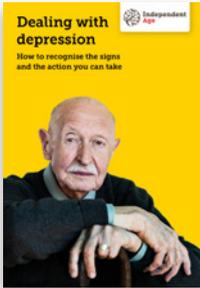
- **Addaction** – **020 7251 5860**, **[addaction.org.uk](http://addaction.org.uk)**  
Drug, alcohol and mental health charity
- **Alcohol Change UK** – **020 3907 8480**,  
**[alcoholchange.org.uk](http://alcoholchange.org.uk)**  
Alcohol charity offering information and advice
- **Alcoholics Anonymous (AA)**– **0800 917 7650**,  
**[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)**  
Free national helpline and network of local groups for anyone affected by alcohol
- **Drinkaware** – **020 7766 9900**, **[drinkaware.co.uk](http://drinkaware.co.uk)**  
National alcohol education charity
- **Drinkline** – **0300 123 1110**  
Free confidential helpline for people worried about their drinking

- **Drink Wise, Age Well** – [drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk)  
Information and advice about alcohol and healthy ageing
- **Frank** – [0300 123 6600](tel:03001236600), [talktofrank.com](http://talktofrank.com)  
National drugs service offering information and advice
- **Mind** – [0300 123 3393](tel:03001233393), [www.mind.org.uk](http://www.mind.org.uk)  
Information and advice for people affected by mental illness
- **Narcotics Anonymous (NA)** – [0300 999 1212](tel:03009991212), [ukna.org](http://ukna.org)  
Help for anyone who has problems with drugs
- **Rehab 4 Addiction** – [0800 140 4690](tel:08001404690), [rehab4addiction.co.uk](http://rehab4addiction.co.uk)  
Advice and treatment programmes
- **Rehab 4 Alcoholism** – [0800 111 4108](tel:08001114108), [rehab4alcoholism.com](http://rehab4alcoholism.com)  
Rehabilitation advice for alcohol and other drugs
- **Rethink** – [0300 5000 927](tel:03005000927), [rethink.org](http://rethink.org)  
Information and advice for people affected by mental illness

- **Royal College of Psychiatrists** – 020 7235 2351, [rcpsych.ac.uk](http://rcpsych.ac.uk)  
Information leaflets about drugs and alcohol
- **Samaritans** – 116 123, [samaritans.org](http://samaritans.org)  
Confidential support if you need someone to talk to
- **Turning Point** – 020 7481 7600, [turning-point.co.uk](http://turning-point.co.uk)  
Health and wellbeing services, including drug and alcohol support
- **UK Smart Recovery** – 0330 053 6022, [smartrecovery.org.uk](http://smartrecovery.org.uk)  
Self-management and recovery training

# Our free advice guides

You may be interested in...



## Dealing with depression

How to recognise the signs and where to look for support.



## If you're feeling lonely

Ways to overcome loneliness.



## Living well with long-term health conditions

How to manage your condition and get the support you need.

**Our practical, jargon-free advice guides give you the information you need to get the most out of older age.**

**To find out about our full range of guides and order copies, call 0800 319 6789 or visit [independentage.org/publications](https://independentage.org/publications)**

The information in this guide applies to England only.

If you're in Wales, contact Age Cymru ([0800 022 3444](tel:08000223444), [ageuk.org.uk/cymru](https://ageuk.org.uk/cymru)) for information and advice.

In Scotland, contact Age Scotland ([0800 12 44 222](tel:08001244222), [ageuk.org.uk/scotland](https://ageuk.org.uk/scotland)).

In Northern Ireland, contact Age NI ([0808 808 7575](tel:08088087575), [ageuk.org.uk/northern-ireland](https://ageuk.org.uk/northern-ireland)).

We want the UK to be the best place to grow older and we have ambitious targets to increase the number of older people we help and the difference we make. We receive no state funding and rely on income from individuals, trusts and other sources to continue providing our services to hundreds of thousands of older people in need.

Visit [independentage.org](https://independentage.org) to make a secure online donation and find out about other ways to support us. Alternatively, you can call us on [020 7605 4223](tel:02076054223) or email [supporters@independentage.org](mailto:supporters@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 our website **[independentage.org](http://independentage.org)**

Call us for information or to arrange free, impartial advice from an adviser. Lines are open 8.30am – 6.30pm Monday to Friday. Freephone **0800 319 6789** or email **[advice@independentage.org](mailto:advice@independentage.org)**



**Independent  
Age**

**Independent Age**  
18 Avonmore Road  
London  
W14 8RR

T 020 7605 4200  
E [charity@independentage.org](mailto:charity@independentage.org)  
[www.independentage.org](http://www.independentage.org)  
**Helpline 0800 319 6789**

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