



**Independent  
Age**



Call  
freephone  
**0800 319 6789**  
for your  
free guides

# Free guides for older people

Our advice guides are packed  
with useful information

Our free guides 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 and more.

## Money



### Attendance Allowance

- Who can get it and how to apply.
- What you could get.



### Council Tax

- Discounts and exemptions.
- Council Tax Support.



### Moneywise

- Tips on saving money.
- Benefits and entitlements you could claim.



### Paying for your care in England

- Ways to fund your care at home or in a care home.
- What to do if your finances change.



## Pension Credit

- Who can get it and how to apply.
  - What you could get.
- 



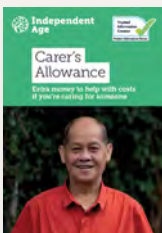
## Scamwise

- How to spot, avoid and report scams.
  - What to do if you fall victim.
- 



## The State Pension

- When you can apply.
  - How much you might get.
- 



## Carer's Allowance

- Who can get it.
  - Tips for applying.
- 



## Help with housing costs

- How to apply for Housing Benefit.
- Other support if you're on a low income.

# Health and care



## Caring for someone

- Getting a carer's assessment.
- Practical and financial help.



## Getting help at home

- Getting help with household chores, day-to-day activities or personal care.
- Ways to stay connected at home.



## How to find the right care home

- Where to start and how to find the information you need.
- How to choose the home that's best for you.



## Living well with long-term health conditions

- Ways to help yourself.
- Getting the most out of medical appointments.



## Planning for the end of life

- Thinking about your future treatment and care.
- Your funeral choices.



## Settling into a care home

- How to help the move go smoothly.
- Things to do when you move in.



## Staying in control when you're older

- How to avoid being mistreated.
- What to do if it happens.



## Summer wise

- Looking after yourself in hot weather.
- Ways to plan ahead.



## Winterwise

- Tips for staying healthy in cold weather.
- Winter entitlements, including Winter Fuel Payments.

## Personal life



## Coping with bereavement

- How you might be feeling after the death of someone close.
- Where to look for support.



## If you're feeling lonely

- How to stay happy and connected.
- Where to find support and companionship.

## Housing guides



## Choosing where to live

- How to decide where and when to move.
- Different housing options available, from downsizing to care homes.



## Home safety

- Identifying hazards in your home.
- Avoiding falls.



## Home security

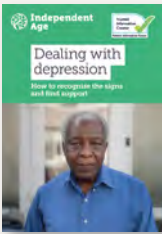
- Ways to avoid burglary and other crimes.
- Keeping your home safe if you're going away.



## Retirement housing

- Sheltered housing and extra care housing.
- How to choose a scheme and get help with costs.

# Mental health



## Dealing with depression

- Recognising the signs.
- When and where to look for help.



## Understanding alcohol and drug misuse

- Signs that you may have a problem and how it might affect you.
- Where to get support.



## Hoarding

- What hoarding is and possible consequences.
- Ways to help yourself or someone you're worried about.



## Managing anxiety

- Recognising the signs and how it can make you feel.
- Ways to cope and where to get support.

To order your free guides, call **0800 319 6789** or read and download them at [independentage.org/adviceguides](https://independentage.org/adviceguides).

## 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.

**For more information, visit our website**  
[independentage.org](https://independentage.org).

Large print and audio versions are also available.  
Call **0800 319 6789** to order your free copies.

## Helpline 0800 319 6789

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



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