



**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. To order copies, call **0800 319 6789** or read and download them at independentage.org/adviceguides.

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.



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.
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The State Pension

- When you can apply.
 - How much you might get.
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Carer's Allowance

- Who can get it.
 - Tips for applying.
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Help with housing costs

- How to apply for Housing Benefit.
 - Other support if you're on a low income.
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Paying care home fees in England and Wales

- When the council may pay towards your fees.
- Ways to fund long-term care.



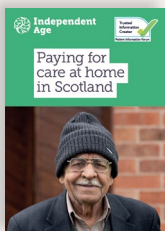
Paying care home fees in Scotland

- Support with care home costs.
- Options if you need to pay fees yourself.



Paying for care at home in England and Wales

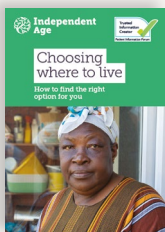
- When the council may pay towards your care.
- How your contribution is worked out.



Paying for care at home in Scotland

- How free personal and nursing care works.
- Services you may be charged for.

Housing



Choosing where to live

- How to decide where and when to move.
- Different housing options, 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.

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.



Staying in control

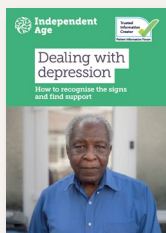
- How to avoid being mistreated.
- What to do if it happens.



Winterwise

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

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.
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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.
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If you're feeling lonely

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

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

About Independent Age

No one should face financial hardship in later life.

Independent Age is a national charity providing support for older people facing financial hardship. We offer free impartial advice and information on what matters most: money, housing and care.

We financially support local community organisations across the UK through our grants programme. We campaign for change for older people struggling with their finances.

You can call us on freephone **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) or email **helpline@independentage.org** to arrange to speak to one of our advisers.

To donate or help support our work, please visit **independentage.org/support-us**.



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