



**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](https://independentage.org/adviceguides).

## Money



### Attendance Allowance

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



### Benefits for carers

- Who can get them.
- Tips for applying.



### Council Tax

- Discounts and exemptions.
- Council Tax Support.



### Help with housing costs

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



## Moneywise

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



## 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.



## 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.

# 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.



## Renting in later life in England and Wales

- Your rights.
- What to do when things go wrong.



## 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.



## 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



## Coping with bereavement

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



## Hoarding

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



## If you're feeling lonely

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



## Managing anxiety and depression

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

## About Independent Age

No one should face financial hardship in later life.

Independent Age is the national charity focused on improving the lives of 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**.



Independent Age  
18 Avonmore Road  
London  
W14 8RR

**independentage.org**

charity@independentage.org  
Helpline 0800 319 6789



© Independent Age 2024

Independent Age is the operating name of the Royal United Kingdom Beneficent Association.  
Registered charity number 210729 (England and Wales) SC047184 (Scotland).