



advice and support for older age

**Independent
Age**

Free guides for older people

Our advice guides tell you
everything you need to know to
get the most out of older age



Advice for later life

- boost your income, deal with debt and cope with changing circumstances
- stay healthy and safe at home.



If you're feeling lonely

- how to stay happy and connected in older age
- where to find support and companionship.



How to find the right care home

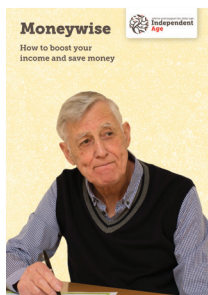
- where to start and how to find the information you need
- how to choose the home that's best for you.



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Moneywise

- tips on saving money
- benefits and entitlements you could claim.



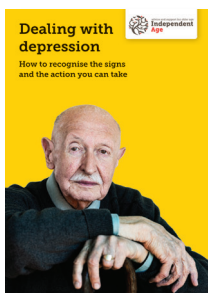
Choosing a care home

- when to consider a care home and how to manage the move
- advice on paying for care.



Dealing with depression

- recognising the signs
- when and where to look for help.



Staying in control when you're older

- how to avoid being mistreated
- what to do if it happens.



Being winter wise

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



Extra help at home

- advice to help you live in your own home for longer
- how to get help with your home and garden, including applying for grants to adapt your home.



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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
www.independentage.org

Helpline 0800 319 6789

Call us for information, to arrange free, impartial advice from an expert adviser, or to order one of our free guides.



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Independent Age
18 Avonmore Road
London W14 8RR

T 020 7605 4200
www.independentage.org
Helpline 0800 319 6789



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