

Later Life Newsletter

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Now reaching over 100,000 individuals and organisations

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The Department of Health has launched a consultation seeking views on draft regulations and guidance to introduce the cap on care costs and other changes to the way people pay for care and support. It also seeks views on policy proposals for a new system of appeals for care and support under the Care Act 2014: www.careact2016.dh.gov.uk

Alone and caring Isolation and loneliness is something that many people face as a result of their caring responsibilities. New [research](#) by Carers UK reveals that 8 out of 10 carers have felt lonely or isolated as a result of caring and over 33% feel uncomfortable talking about being a carer.

LinkedIn for the voluntary sector - a new set of tools to help charities find and connect with skilled professionals who want to donate not just their time, but their expertise to a good cause. You can learn how to set up your charity's company page and start searching and posting for skilled volunteers and board members [here](#).

The Senior Siren is packed with lifestyle and safety advice [read more](#)

The Age Action Alliance is an independent partnership of organisations

focused on finding practical solutions to improve the lives of the most disadvantaged older people. It currently has over 730 member organisations drawn from all sectors of society. It's easy (and free) to join, via the "Join us" page. www.ageactionalliance.org

Millions more people can get a free estimate of how much State Pension they can expect, as the statement service has been extended to include the over-55's. You can request a personalised pension statement based on the National Insurance contributions you have made to date - visit www.gov.uk/state-pension-statement

The State Pension Top Up scheme gives pensioners up to £25 extra a week on top of their State Pension. The scheme opens in October 2015 but you can register now at paid.caxtonhouse@dwp.gsi.gov.uk

Bigger and better Pension Tracing Service ready to help – this free Government service puts customers back in touch with their lost pension provider: www.gov.uk/find-lost-pension.

"I'm still me" Older people challenge health and care services to provide more coordinated care and refrain from labelling them as 'frail'. The [publication](#) challenges health and care services to work together and improve the outcomes older people say are most important to them – things such as independence, social interaction and relational support.

Excess winter deaths among the over-65s fell by 50% following the introduction of the winter fuel payment, the equivalent to

preventing the deaths of 12,000 older people every year, according to [research](#) by Age UK.

First Contact Schemes – online video shows how they can work in your area

A second edition of the [FirstContact Schemes: Extent & Impact Report](#)

published by the Elderly Accommodation Counsel surveys the current 35 schemes throughout the country which are looking at ways to link people to local services. An online [video](#) allows those interested in developing FirstContact schemes to get an idea of how the schemes work and the issues to be considered when setting up a scheme.

Silverlinks aims to enable older people

who are facing life changing choices about their homes and living situations to make well informed decisions by connecting them with older volunteers who have already faced and dealt with a similar situation, such as having adaptations or downsizing. Through workshops and "teach yourself" materials, it also aims to spread information about later life housing and care options so that older people can plan for the future and make their own, well-informed decisions about their living situations. [read more](#)

The VISAL toolkit is designed to enable older people with sight loss to participate actively and have a voice in their local communities. See the video [here](#).

To subscribe, or provide contributions contact: Simon.wilkinson1@dwp.gsi.gov.uk