

# *Later Life Planning Service*



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***"Living is easier. I have a little extra money and am making new friends at local social groups. Thanks to this service I can make informed choices for my future."***

### **Growing older doesn't come with a manual**

Age UK Barnet's Later Life Planning Service is there to support older people, aged 55+ living in the borough, to manage and plan for the challenges that ageing brings. It is there to help people retain independence, choice and control in their lives, as well as assisting them to make informed choices.

Our Later Life Planning team provides a holistic, confidential and impartial service. You can book either a face-to-face or telephone appointment with one of our experienced advisers to talk through your needs and plans for the future. The discussion may focus only on the issues you have raised or it may be that other areas of need are identified. Your adviser will then put together an action plan to achieve your goals, addressing your most immediate needs first.

### **Accessing help and services**

Our Later Life Planners can help you access financial entitlements and other support from Age UK Barnet and other charitable organisations. The service can signpost you to statutory and voluntary services such as health, social and housing services.

These are some of the issues that the Later Life Planning team can help you with:

- Welfare benefits
- Pensions
- Debt
- Health
- Housing
- Accessing social services
- Care needs assessments
- Bereavement
- Wills
- Lasting Powers of Attorney
- Personal matters
- Access to Age UK Barnet personal grants

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## Case study - Sarah

Sarah, 61, was experiencing extreme financial difficulties. She was working in a low-paid job and suffering from a number of long term health conditions and had never claimed any form of disability benefit. In spite of cutting back as much as she could her income could not cover her basic cost of living and she had fallen behind with utility bills.

Our adviser did a benefits check during the initial interview. As a result Sarah is now in receipt of Personal Independence Payments and Employment and Support Allowance. The adviser also helped Sarah renegotiate her utility bill payments and referred her to the Expert Patients Programme for help with her long-term health conditions.

The adviser helped Sarah with basic longer term financial planning, and signposting to specialists who can help with pensions and will making.

Sarah commented "I didn't think there was anybody out there who could help me. Every day was a struggle to survive and now I can look to the future."

## Case study - Rose

Rose called Age UK Barnet's Later Life Planning Service because she was living alone and struggling. Her health had declined and she realised she needed help with her personal care at home. Her declining health also meant she had become mainly housebound and so had become very lonely and isolated. Rose had never claimed benefits before and needed help and advice about these and also about access to appropriate care to meet her needs.

After help from our Later Life Planning adviser Rose is now in receipt of Attendance Allowance. Rose was referred to Barnet Council Adult Social Services for a home needs assessment. As a result adaptations were made to her home to help her live independently. She is now attending one of Age UK Barnet's centres and is joining in the activities and has made new friends. She was also given advice on making a will.

Rose commented "Thank you for your kind help. The extra money has made living easier and the social groups my adviser suggested are great. I get out more and am making new friends."

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## Contact a Later Life Planner

Call or email the service with any queries or to book a face-to-face appointment with one of our advisers.

## Age UK Barnet

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