



Independent Age provides clear, free and impartial advice on the issues that matter to older people and their families: care and support, money and benefits, health and mobility. We also offer regular friendly contact to those who need it and a strong campaigning voice. A charity founded over 150 years ago, we're independent so you can be.

For advice or information call our Helpline on 0800 319 6789, email [advice@independentage.org](mailto:advice@independentage.org) or visit our website [www.independentage.org](http://www.independentage.org). You can also follow us on [Twitter](#) and [Facebook](#).

Our advice and information services are completely impartial. We do not sell products or services and we do not receive a payment from any organisation for recommending that organisation's product or service.

Independent Age is the operating name of The Royal United Kingdom Beneficent Association. Registered address: 18 Avonmore Road, London W14 8RR. Registered in England & Wales: charity number 210729, and in Scotland: charity number SC047184.