

Reducing Your Risk of Dementia



- ☐ Stay active
- ☐ Eat well
- ☐ Sleep well
- ☐ Look after yourself

Who we are

Age Scotland is the Scottish charity for older people. We work to improve the lives of everyone over the age of 50 and promote their rights and interests.

Our vision is a Scotland which is the best place in the world to grow older.

Our mission is to inspire, involve and empower older people in Scotland, and influence others, so that people enjoy better later lives.

We have three strategic aims:



We help older people to be as well as they can be



We promote a positive view of ageing and later life



We tackle loneliness and isolation

How we can help

We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

Our **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.



Call us free on: 0800 12 44 222
(Monday – Friday, 9am – 5pm)



Visit agescotland.org.uk
to find out more.

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Introduction

There is currently no cure for dementia, and it cannot be entirely prevented. Some things that increase your risk of dementia can't be changed, such as age and genetics. The good news is, we have some control over others. These are called 'modifiable risk factors.'

There are some modifiable risk factors that it may no longer be possible for us to control or change on an individual level. These include exposure to pollution, brain trauma and head injury, and the level of education we have had.

However, if we remove or change the risk factors that we can, we may be less likely to develop dementia. And if we do, it is likely to develop later than it would have done otherwise.

Some research suggests that cases of dementia could be reduced by 45% if we could remove all modifiable risk factors from the population.

One study even found that positive attitudes about ageing can reduce an older person's risk of dementia by up to 50%. Being surrounded by positive messaging about ageing was shown to reduce dementia risk even in people with a genetic risk factor for dementia.

Many of the changes that can reduce our dementia risk have positive effects on our overall health. Other changes are more specific to dementia. This guide explains the things you can change, why they help and what the changes might look like in your everyday life.



To check in on your brain health, visit:

www.alzheimersresearchuk.org/think-brain-health

www.brainhealth.scot produced by **Alzheimer Scotland**

For more information on looking after your brain health to help prevent dementia, call **Alzheimer Scotland** on **0808 808 3000**.

What is dementia?

Dementia is a **set of symptoms** caused by damage to the brain from certain diseases or conditions. Once a person develops dementia, it gets progressively worse.

Symptoms can include problems with memory loss, thinking, mental agility, language and understanding.

There are many different types of dementia although some are more common than others. The most common types of dementia are:

- **Dementia caused by Alzheimer's disease:** the most common type of dementia, accounting for around two thirds of cases. In Alzheimer's disease, two specific proteins build up in brain cells and these cells become damaged, causing dementia.
- **Vascular dementia:** the second most common type of dementia. It occurs when the blood supply to the brain is impaired, causing damage to brain cells.
- **Dementia with Lewy bodies:** accounts for around 10% of cases of dementia. Lewy bodies are tiny deposits of protein that can build up in the cells of the brain and are associated with damage and loss of function.
- **Frontotemporal dementia:** a less common type of dementia. It is caused by damage in the frontal and/or temporal lobes of the brain associated with a build-up of certain proteins.
- **Mixed dementia:** when someone has more than one type of dementia.

Lifestyle changes to reduce risk

Generally, anything we do that improves our general health also helps to reduce our risk of developing dementia. This section explores the specific lifestyle factors we can influence and why they help to reduce the risk.

These are sometimes called **protective factors**. They are things we can do to help protect ourselves from risk or possibly delay the onset of dementia if we do develop it.

Being active

A fifth of Alzheimer's disease cases worldwide are estimated to be due to lack of physical activity. But what is the link between being active and the brain?

We know that being active is good for our overall health. It lowers the risk of type 2 diabetes, certain types of cancer, heart disease and strokes. And put simply, what is good for your heart and circulation is also good for the brain.

On top of this, strength exercises can help to improve thinking and memory, which can also lower your risk of developing dementia.

Exercising with others can further reduce your risk by increasing your social connection. This is because loneliness and isolation may be risk factors for memory and thinking problems. means. Exercising in a group or with a buddy can also help you to stay motivated.

And exercise also benefits your mental health and well-being; keeping active releases feel-good hormones that can improve mood.

You are more likely to stick to an activity you enjoy. For help finding activities in your area, call the **Age Scotland helpline** on **0800 12 44 222**.

How much should I do?

According to NHS guidelines, you should aim to do at least some light physical activity every day. The guidelines also recommend that adults aged 65 or over should do at least 150 minutes of moderate activity per week. This would be just over 20 minutes of moderate activity a day if split evenly over a week.

If you are already active, the NHS recommends 75 minutes of vigorous activity per week, or a mixture of moderate and vigorous activity.

Moderate activity should make you feel warmer and get your heart beating faster, but you should still be able to talk. Brisk walking is a great activity for people of all ages and fitness levels. It is simple, free and you don't need any special equipment.

Vigorous activity should make you breathe hard and fast and raise your heart rate significantly. Vigorous activity can include jogging, running, fast swimming, football, tennis and aerobics.

The activity you do doesn't have to be structured. Simple changes to your routine also count towards the activity you do. You could:

- walk up the stairs instead of using lifts or escalators
- do heel raises while brushing your teeth
- get off the bus a couple of stops early
- when walking, choose a route that is longer or more hilly
- park further away from shops and walk the extra distance
- stay standing up while talking on the phone.

i If you have any existing health concerns, you should speak to a health professional before increasing your level of physical activity.



Other tips for keeping active

Strength and balance are important too. You should try and do activities that strengthen your muscles at least twice a week. Examples include carrying heavy shopping bags, heel raises, lifting weights and digging the garden.

Don't sit still - however active you are, you should break up long periods of sitting still by either standing up or moving about. Even gentle activity such as walking slowly, doing some dusting around the house, or some light gardening can improve your overall health. If you can, you should aim to stand up from sitting at least once every hour. If you use a wheelchair, some light seated exercises are a great way to break up long periods of sitting still.

If you have limited mobility and are at risk of falls you may benefit from activities that improve balance, co-ordination and mobility. Examples include yoga, Pilates, Tai Chi and seated exercises such as marching, arm and leg stretches and twists.

For more information, see our guide **Keeping Active in Later Life**.



Being active lowers the risk of type 2 diabetes, certain types of cancer, heart disease and strokes.

Healthy food choices

A healthy diet can help to keep cholesterol, blood pressure and weight down, and help prevent the development of type 2 diabetes. These are all risk factors for dementia. There is more information about lowering cholesterol and blood pressure later in this guide.

People who eat a Mediterranean diet may also have a lower risk of developing memory and thinking problems. A Mediterranean diet includes plenty of fruit and vegetables, starchy foods like bread and pasta, some fish and a small amount of meat.

In general, it is better to limit foods high in saturated fat, such as processed meats, butter and cakes. Instead, eat foods containing unsaturated fats, such as oily fish, nuts and seeds.

Eating too many foods high in salt and sugar can increase the risk of many illnesses and problems, including heart disease, weight gain, tooth decay and strokes. Try to eat these foods only occasionally and in small amounts. Be aware that some processed savoury foods, such as ready meals and cooking sauces, often have added sugar.

The Eat Well plate shows how your diet should balance out:



Our **Eat Well** guide provides more information about healthy food choices. For a copy, call the **Age Scotland helpline** on **0800 12 44 222** or visit **age.scot/information**.

Getting enough sleep

Sleep restores your body, mind and memory and can help protect you against some health problems, including dementia. Most adults ideally need seven to nine hours of sleep each night, but in later life you may wake up more at night or become tired earlier than you used to.

If you feel you need better sleep, adjusting your routine can help. Waking up and going to bed at the same time most days can help. This allows your bodily processes to settle into a natural rhythm of sleeping and waking time. You could also try the following:

Morning routine

- spend time in daylight, either outdoors or by sitting at a window
- if you enjoy caffeinated drinks, have these before lunch

During the day

- do some physical activity
- limit any naps to 30 minutes and don't nap too close to bedtime
- drink plenty of fluids to stay hydrated

Approaching bedtime

- make sure any physical activity you do is gentle
- avoid heavy meals, alcohol, caffeine and fizzy drinks
- avoid screens and bright lights
- make sure your bedroom is cool, dark and quiet

Speak to your GP if falling and staying asleep is causing you problems. They may be able to offer you medication to help you sleep. They may also want to check for any health issues that could be disrupting your sleep patterns.

Our **Health and Wellbeing in Later Life** guide provides more information about sleep. For a copy, call the **Age Scotland helpline** on **0800 12 44 222** or visit **age.scot/information**.

Social connection

Studies have shown that high levels of loneliness and a lack of social connection can increase the risk of dementia by around 50%. This is similar to the increase in risk caused by lack of physical activity or having type 2 diabetes.

Experts are not certain why lack of social connection is linked to dementia risk. However, it may be due to lack of stimulation. We do know that social contact can strengthen connections in the brain and reduce stress. It can also encourage us to choose healthy behaviours, such as eating well and being active.

The quality of social interactions may also be important, but having any form of social contact can potentially help reduce our risk of dementia.

For help finding social groups and activities in your area, or to find out about our Friendship Calls, call the **Age Scotland helpline** on **0800 12 44 222**.





Learning and cognitive activity

Learning a new skill can be a good way to keep your brain sharp. Skills that use multiple areas of the brain are particularly beneficial.

Learning a new instrument uses multiple brain areas. As well as memory, learning and focus, learning an instrument requires coordination, motor skills, listening skills and rhythm. It also activates the emotion centres of the brain.

Dancing has been found to improve cognitive skills and reduce dementia risk. One study showed that people who danced regularly as a hobby had a 76% reduced risk of dementia. As well as using many areas of your brain, the exercise from dancing may contribute to lowering dementia risk by improving your overall health. As dancing is usually done in a group, the opportunity for social connection may also help to reduce dementia risk.

Learning a language might delay dementia symptoms by up to 5 years, according to some research. Practicing often seems to be more important than how good you are at the language.

Some research suggests that being bilingual might delay the start of dementia caused by Alzheimer's disease. One study found that people who were bilingual had more connections in key areas of the brain than people who spoke only one language. It is thought that these connections might help their brains to cope better with the damage caused by Alzheimer's disease. This is called having 'cognitive reserve'.

Doing any activity with others can provide social connection, helping to further reduce your dementia risk.

What activity is right for you?

The most important thing is to choose something you enjoy because this makes it more likely you will do it regularly.

More information about brain health can be found at

alzheimersresearchuk.org/brain-health-basics.

Does brain training work?

You may have heard of brain training, which involves puzzles and activities designed to keep your brain active and sharpen your thinking. There is no strong evidence proving that brain training reduces the dementia risk, but it may sharpen your cognitive abilities in the short term.

People who have challenged themselves mentally throughout life may be at a lower risk of dementia according to some studies. Researchers think this is due to more connections being formed in the brain, making it more resistant to the damage that can lead to dementia. This is the same effect seen in people who are bilingual.



Risk factors to address

If any of the risk factors in the following section apply to you, it is a good idea to work on these. Your doctor can give you advice on how best to manage each of them in the way that is best for you.

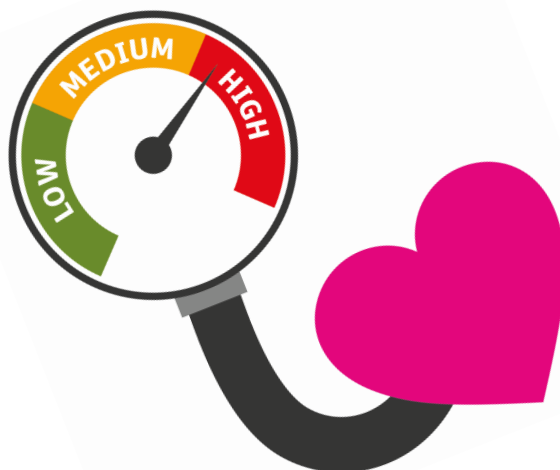
High blood pressure

High blood pressure in mid-life can increase your risk of developing dementia, particularly vascular dementia. Anyone aged 40 or over should have their blood pressure checked regularly by their GP. A healthy blood pressure should be around 120/80mmHg.

Exercising, eating healthily, maintaining a healthy weight, not drinking too much alcohol and not smoking all help to maintain a healthy blood pressure.

If you do have high blood pressure, your doctor may prescribe you medicine or advise you to make changes to your diet and exercise routine.

Chest, Heart and Stroke Scotland have advice line nurses you can speak to about blood pressure. Call **0808 801 0899** or see their website **www.chss.org.uk**.



High cholesterol

Having high levels of ‘bad’ cholesterol in midlife has now been linked to an increased risk of dementia. The proper name for ‘bad’ cholesterol is low-density lipoprotein cholesterol, or LDL cholesterol.

Having high LDL cholesterol in your 40s, 50s and 60s (up to the age of 65) may increase your risk of developing dementia in later life. There is another type of cholesterol called high-density lipoprotein (HDL) cholesterol, also known as ‘good’ cholesterol. This can help to lower your levels of bad cholesterol.

Both types of cholesterol can be found in your diet. Taking steps to manage your cholesterol levels, by diet, medication or both, seems to reduce dementia risk.

How does bad cholesterol affect dementia risk?

Research has shown that high levels of bad cholesterol in the brain can increase the risk of stroke. High cholesterol has also been linked to the buildup of specific proteins in the brain associated with Alzheimer’s disease.

Having higher levels of good cholesterol has been linked to a reduced risk of stroke. Good cholesterol may also delay the buildup of proteins associated with Alzheimer’s disease.

Chest, Heart and Stroke Scotland (CHSS) can provide more information about cholesterol and how to manage your cholesterol levels. Visit **www.chss.org.uk/resources-hub/cholesterol** or call **0808 801 0899**. For print copies of their cholesterol guide, visit **www.chss.shop**.

Diabetes

Research has shown that having type 2 diabetes could be a risk factor for dementia, particularly vascular dementia which is often linked to strokes. Studies suggest that the risk increases in people who have diabetes for longer and whose diabetes is poorly controlled.

The best way to manage this risk is to take steps to prevent the onset of type 2 diabetes. Small changes to your lifestyle and diet can prevent it altogether. For more information on diabetes prevention, visit **mydiabetesmyway.scot.nhs.uk/diabetes-prevention**.

You can also call **Diabetes UK** on **0345 123 2399**.

If you already have type 2 diabetes, the **World Health Organization** recommends that this is managed by medication, lifestyle or both because of the known benefits of diabetes management. However, research has not been able to clearly show whether taking medication for diabetes can reduce dementia risk.

Being under- or over-weight

Being either underweight or overweight may be risk factors for dementia. Research suggests that the best way to lose weight is to make long-term changes to diet and exercise levels that result in a steady rate of weight loss.

You should speak to your GP if you are concerned you are overweight. If needed, they can suggest changes you could make to your diet and lifestyle to help you reach a healthy weight for you. Eating less makes it harder to get all the nutrients we need, so it is important to choose what you eat carefully if you are cutting down.

Some people find their appetite naturally decreases as they get older, and this can also make it hard to get all the right nutrients. Research suggests that malnutrition can lead to an increased risk of cognitive decline, although it has not been linked specifically to dementia. However, it can lead to being underweight, which may also be a risk factor for dementia.

You should tell your doctor if you lose weight suddenly with no explanation so they can check for any health problems.

For advice about healthy food choices, talk to your GP or see our **Eat Well** guide. For a copy, call the **Age Scotland helpline** on **0800 12 44 222** or visit **age.scot/information**.



Being overweight, and underweight, are risk factors

Smoking

Smoking increases the risk of heart disease and stroke because of the damage it can cause to the heart and blood vessels. This same damage can stop oxygen reaching the brain and cause brain cells to die. Chemicals in cigarettes can also cause damage to brain cells. Both effects can contribute to dementia.

Research suggests that if you stop smoking, your risk of developing dementia reduces after several years until it is close to that of people who never smoked.

If you smoke, you have a much better chance of stopping if you have support. If you would like support to stop smoking, you could:

- ask your GP for advice
- talk to your pharmacist
- contact **Quit Your Way** for free personalised information and advice about how to stop smoking. Call **0800 84 84 84** or visit **www.nhsinform.scot/quit-your-way-scotland**.

i The long-term effects of vaping are currently unknown. This does not mean it is risk free; it could be found to increase the risk of developing specific health conditions.

*heavy smokers have up to 70% higher
risk of dementia compared to non-smokers*



Alcohol

In general, it is fine to have an occasional drink. However, people who drink heavily or binge drink are more likely to develop dementia than those who drink moderately. Heavy drinking has been linked with a higher risk of dementia caused by Alzheimer's disease, and over a long period it can specifically cause alcohol-related dementia.

The Chief Medical Officer's guidelines state that to keep risks from alcohol low, working age adults should drink no more than 14 units of alcohol per week spread over 3 or more days. It is also recommended to have at least 2 or 3 alcohol-free days per week.

As we get older, the body is less able to process alcohol, and some advice suggests guideline amounts for older adults should be lower.

UNITS

A standard glass (175mL) of (12%) wine = 2.1 units

A pint of lower-strength (3.6%) beer or cider = 2 units

A pint of higher-strength (5.2%) beer or cider = 3 units

A single shot (25mL) of spirit e.g. whisky, gin or vodka (40%) = 1 unit

If you want to drink less and would like help cutting down, speak to your GP or a specialist service such as:

WithYou: provides free, confidential support relating to alcohol or drugs, via local services or online. Webchat is available at **www.wearewithyou.org.uk/help-and-advice** or call the Age Scotland helpline on **0800 12 44 222** for help finding a local service.

Alcoholics Anonymous: provides free self-help groups across Scotland. Its 12-step programme involves getting sober with the help of regular support groups. Call **0800 917 7650**. Webchat is available at **www.alcoholics-anonymous.org.uk**.

There is not much research about the impact of drug use on dementia risk, but it has been linked to cognitive impairment.

Depression

Studies have found that people who have depression, particularly in midlife, could be at a higher risk of dementia. Research suggests that taking steps to prevent or manage depression can reduce the risk of dementia.

In one UK study, people whose depression was treated were a third less likely to develop dementia than those who did not have their depression treated. It is important to speak to your GP if you are experiencing symptoms of depression.

Symptoms include:

- ongoing low mood, or mood swings
- sleeping too much or too little
- difficulty finding the motivation to do everyday tasks
- lack of interest or enjoyment in things you used to enjoy

Some of the risk may be associated with the changes in lifestyle associated with the symptoms of depression. A person experiencing depression is less likely to be physically active, may not eat very well, and may have disrupted sleep. They are also more likely to be socially isolated. All of these are risk factors for dementia.

Another possible reason for the link between depression and dementia is that people with depression can have higher levels of the stress hormone cortisol. Having too much cortisol in the body over long periods has been linked to cognitive decline and Alzheimer's disease.

It is important to understand that not everyone who has depression will develop dementia. **Alzheimer's Research UK** provides more information about the link between depression and the risk of dementia. Visit **www.alzheimersresearchuk.org/depression-and-dementia-risk**. You can also contact **Alzheimer Scotland** on **0808 808 3000**.

Hearing loss

Hearing loss has been associated with an increased risk of dementia. The reasons for this are not fully understood. However, scientists believe that changes contributing to dementia might happen in the brain when it can no longer hear speech properly. It may also be that difficulty communicating increases social isolation, which is also a risk factor for dementia.

Many people leave hearing loss untreated. However, research has shown that wearing hearing aids could reduce dementia risk by almost 50%.

You can get hearing aids free from the NHS. Ask your GP to refer you for a hearing test if you think you need one.



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Sight loss

Evidence suggests that not having vision problems corrected can increase your risk of dementia. This is especially true if your vision problems are caused by cataracts or diabetic retinopathy.

Cataracts are when the lens of the eye starts to break down, causing cloudy spots in your vision. The old lens can be removed with surgery and replaced with an artificial one.

People with either type 1 or type 2 diabetes may develop diabetic retinopathy. This is when the blood vessels that go to the retina get damaged by high blood sugar levels. The retina is a light-sensitive layer of cells at the back of your eye that reacts to light and sends signals to your brain.

Diabetic retinopathy can eventually lead to sight loss but can be treated or prevented if it is caught early enough. There may not be any symptoms at first, so make sure you go to your regular screening appointments. If you do get any changes to your vision, you should make an appointment to see your optician straight away.

If you are short- or long-sighted, it is important to wear your glasses or contact lenses if you need them. Not doing so may also increase your risk of dementia. Some people prefer to have their vision corrected with surgery instead.

It is not known for sure why there is a link between uncorrected vision problems and risk of dementia. However, it seems that it may be caused by the vision loss itself. For more information, visit **alzheimersresearchuk.org/visual-impairment-and-dementia-risk**. You can also call **Alzheimer Scotland** on **0808 808 3000**.

Useful contacts

Age Scotland helpline 0800 12 44 222

The Age Scotland helpline provides information, friendship and advice, to older people and their relatives and carers.

If you need an interpreter, simply call the helpline and state the language you need, e.g. Polish or Urdu. Stay on the line for a few minutes and we will do the rest.

You can also call the helpline for a copy of our publications list or any of our guides. To read, download or order guides online, visit **www.age.scot/information**.

Alzheimer Scotland

The leading dementia organisation in Scotland. It campaigns for the rights of people with dementia and their families and provides an extensive range of innovative and personalised support services.

Freephone 24-hour Dementia Helpline: **0808 808 3000**

Technology for dementia: **meetadam.org**

www.alzscot.org

NHS Inform

Provides non-emergency information about health conditions, staying well and health services in your area.

0800 22 44 88 / www.nhsinform.scot

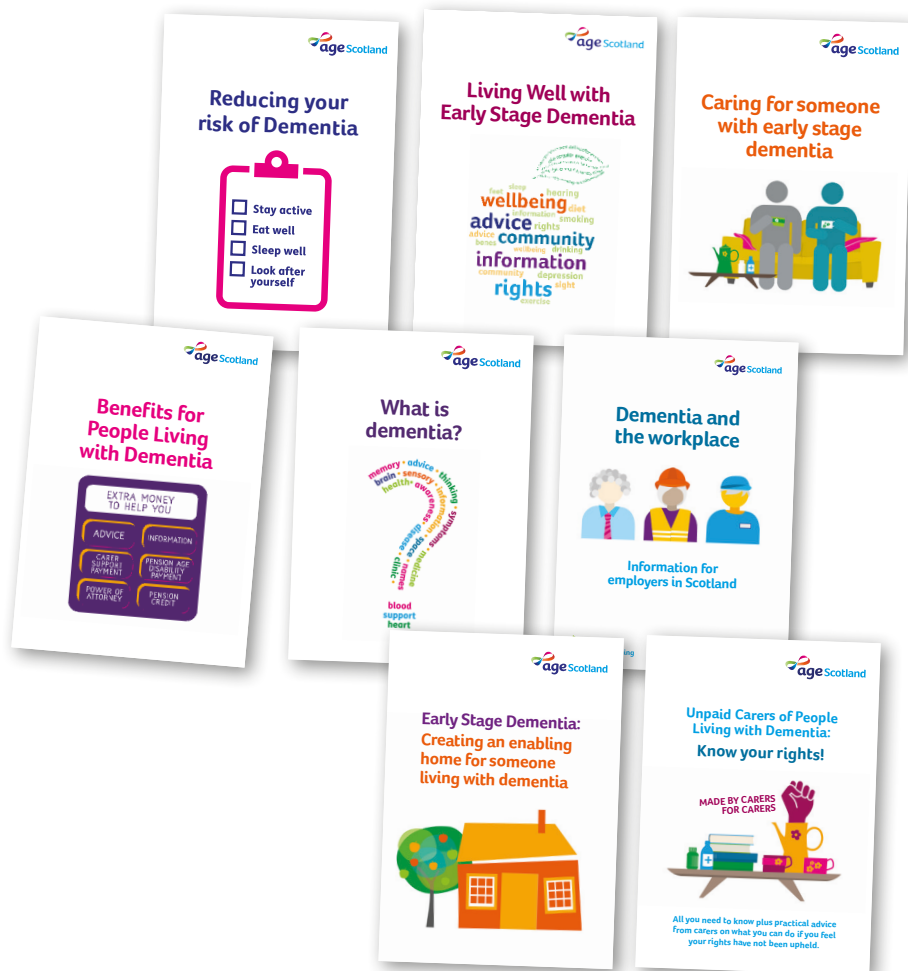
Admiral Nurses

Specialist dementia nurses who provide free expert support and advice to families affected by dementia.

0800 888 6678

dementiauk.org/what-is-an-admiral-nurse

**Read our other dementia guides online
at www.age.scot/information.**



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Please note that the inclusion of named agencies, websites, companies, products, services or publications in this information guide does not constitute a recommendation or endorsement by Age Scotland or any of its subsidiary companies or charities.

How you can help

Our vision is a Scotland which is the best place in the world to grow older.

All the information we provide is free and impartial. It helps older people access their rights and entitlements and can be life changing.

We are also a lifeline for older people who are feeling lonely and isolated. You can help us to support older people who need us most.

Together, we can make a difference.



Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- Call **03330 15 14 60**
- Visit **age.scot/donate**
- Complete the **donation form** and return by Freepost



Fundraise

Whether it's having a bake sale or running a marathon, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **age.scot/fundraise**.



Leave us a gift in your Will

By choosing to leave us a gift in your Will, your legacy will help us to continue being there for older people for generations to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

Please donate today



Complete the form and return by Freepost to RSBS-KEHC-GBBC, Age Scotland, Edinburgh, EH9 1PR

Your details

Title:	Forename:	Surname:
Address:		
		City:
Postcode:	Date of birth:	

By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.

Email:		
Home tel:		Mobile tel:

I WOULD LIKE TO DONATE

£75 ☐ £50 ☐ £25 ☐ Other (£)

I wish to pay by (please tick):

MasterCard ☐ Visa ☐ CAF ☐

CharityCard ☐ Cheque ☐ (payable to Age Scotland)

Signature

Name on Card

Card No.

Expiry date Security code

Date

I prefer not to receive a thank you acknowledgement for this donation ☐

I would like information about leaving a gift in my Will ☐

I WOULD LIKE TO MAKE MY DONATION WORTH 25% MORE

I want Age Scotland** and its partner charities to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

giftaid it

I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Yes, I want Age Scotland** to claim Gift Aid on my donations ☐

I do not wish you to claim Gift Aid on my donations ☐

Date

Keeping in touch

We will stay in contact by post unless you ask us not to. We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by emailing us on contact@agescotland.org.uk or calling us on 0333 323 2400.

You can read Age Scotland's privacy policy at [age.scot/privacypolicy](https://www.agescotland.org.uk/age.scot/privacypolicy).

**Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: SC153343. Charity Number: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR

**Age Scotland is the Scottish charity
for older people. We work to improve
the lives of everyone over the age of
50 so that they can love later life.**

**Our vision is a Scotland which is the
best place in the world to grow older.**

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Let's keep in touch

Contact us:

Head office

0333 323 2400

Age Scotland helpline

0800 12 44 222

Email

info@agescotland.org.uk

Visit our website

www.agescotland.org.uk



Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today at **age.scot/roundup**



Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



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