

# Age Scotland publications

Order form for our free  
information guides 2026



For information, friendship  
and advice call our helpline on

**0800 12 44 222**

# 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](https://agescotland.org.uk)**  
**to find out more.**

# Age Scotland publications order form

We continually review and update our publications. If a publication is no longer available, we will try to provide an alternative.

Please ask us about large print versions. A small number of our publications are also available in Cantonese, Punjabi and Urdu. Call the Age Scotland helpline for details and to order.

## To order publications:

**Call** the Age Scotland helpline on **0800 12 44 222**

**Visit** [age.scot/publications](http://age.scot/publications) or scan the QR code:

**Post** this leaflet to:

Age Scotland  
Causewayside House  
160 Causewayside  
Edinburgh EH9 1PR



We respect your right to privacy and will only contact you about Age Scotland if you are happy to hear from us, or where it is appropriate to do so. The information you provide on this form will be held securely in accordance with data protection laws. You can read our privacy notice in full on our website, at [www.agescotland.org.uk/privacy-notice](http://www.agescotland.org.uk/privacy-notice). For a paper copy, please call our helpline on 0800 12 44 222.

.....

## Your Details

Name .....

Address: .....

..... Postcode:.....

Tel: ..... Email .....

☐ Please tick here if you would like to receive updates about our information publications by email



## General

Ref No.	Title	Quantity
Gen 1	Publications list	
Gen 4	Age Maze: Your guide to later life in Scotland	
Gen 5	Returning to Scotland from Abroad	
Gen 6	Useful Contacts	
Gen 8	Rights of LGBTQ+ Older People in Scotland	
Gen 10	Feeling lonely? Supporting you to feel more socially connected	
Gen 11	Being Prepared: Power cuts, extreme weather and beyond	

## Care

Ref No.	Title	Quantity
Care 1	Care Home Guide: Living in a Care Home	
Care 2	Care Home Guide: Friends and Family	
Care 3	Care Home Checklist	
Care 4	Care Home Guide: Before you Move	
Care 5	Care Home Guide: Funding	
Care 6	Care and Support at Home: Assessment and Funding	
Care 9	A Guide for Adult Carers in Scotland	
Care 10	Care Home Guide: Contracts and paying for your own care	
Care 11	Care and Support at Home: Practical Help	



## Legal and family

Ref No.	Title	Quantity
Leg 1	A guide to Power of Attorney in Scotland	
Leg 2	Legal options for someone who has lost capacity	
Leg 3	Help to manage your money and benefits	
Leg 4	Making your Will	
Leg 5	Arranging a Funeral	
Leg 7	Finding and paying for legal advice	
Leg 8	Planning for your future healthcare	
Leg 9	Worried an Older Person is Being Abused?	
Leg 10	Staying Safe from Abuse	
Leg 11	The Older Worker's Guide	
Leg 12	Driving in Later Life	
Leg 13	Guide for Victims of Crime	
Leg 14	Staying Safe Online	





# Benefits and money

Ref No.	Title	Quantity
M 1	Benefits Maze	
M 2	Benefit and Pension Changes	
M 3	State Pension	
M 4	Pension Credit	
M 5	Pension Age Disability Payment	
M 6	Carer Support Payment	
M 8	Scottish Welfare Fund	
M 10	Money Matters	
M 11	Funeral Support Payment	
M 12	Universal Credit	
M 13	Avoiding Scams	
M 14	Lifebook	
M 15	What is a Benefit Check?	
M 16	Adult Disability Payment	
M 17	Challenging Benefit Decisions	
M 18	Help with Council Tax	



## Housing and fuel

Ref No.	Title	Quantity
Hou 1	Housing Options	
Hou 9	Fire Safety and Older People in Scotland	
Hou 10	Warm and Well	
Hou 11	Thermometer card	
Hou 12	Older homeowners' guide	

## Health and wellbeing

Ref No.	Title	Quantity
HWB 1	Eat Well (in partnership with Eat Well Age Well)	
HWB 3	Mental Health and Wellbeing: Supporting someone with their mental health	
HWB 4	Mental Health and Wellbeing: Keeping well and who can help	
HWB 5	A guide to mental capacity in Scotland	
HWB 7	Accessing NHS Services: Who to contact and how	
HWB 10	NHS Hospital Appointments and Stays	
HWB 11	Hospital Discharge in Scotland	
HWB 12	Bladder and Bowel Problems	
HWB 13	Health and Wellbeing in Later Life	
HWB 14	Bereavement	
HWB 15	Hydration Matters	
HWB 16	Keeping Active in Later Life	
HWB 19	Keeping your feet in later life	
HWB 20	Worried about slips, trips and stumbles?	





## Veterans

Ref No.	Title	Quantity
Vet 2	Unforgotten Forces magazine	
Vet 3	Unforgotten Forces directory	
Vet 4	The Veterans' Guide to Later Life in Scotland	
Vet 11	Support for Older LGBT+ Veterans in Scotland	

## Dementia

Ref No.	Title	Quantity
Dem 1	Reducing Your Risk of Dementia	
Dem 5	Living Well with Early Stage Dementia	
Dem 6	Caring for someone with early stage dementia	
Dem 7	Benefits for People Living with Dementia	
Dem 8	What is Dementia?	
Dem 11	Creating an enabling home for someone living with dementia	
Dem 16	Carers of People Living with Dementia: Know your rights!	

# 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](https://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](https://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](https://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](mailto: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.**

.....

## 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.



We are grateful to the  
Scottish Government for  
part-funding this publication

