

Mental Health and Wellbeing:

Supporting someone with their mental health



Who we are

Age Scotland is the national 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

One in four people in Scotland have trouble with their mental health at some point in their life. It is often the people closest to them who are the first to realise that something isn't right.

If you think someone close to you is having difficulty with their mental health, this guide is for you. It will provide you with information and ideas on how you can support them. It will also tell you where you can get further support if needed – for them and for yourself.



Difficulties with mental health



Later life can bring significant changes. While many are positive some can be harder to deal with than others. Some people struggle to adjust to retirement, for example. Other changes like moving home, bereavement or problems with physical health can also be distressing.

It is natural to feel angry, irritable or sad after stressful or upsetting events. These feelings can be intense and difficult to manage but will generally reduce over time. However, if someone's mood or behaviour is affected over a longer period, they may be having difficulties with their mental health.



Common mental health problems

Depression

Depression can cause a range of symptoms, from a lack of enjoyment in life to being unable to cope with everyday tasks. It does not necessarily involve feeling sad, and can show itself as:

- lack of motivation or energy
- loss of interest in looking after yourself
- worrying about physical health problems
- being less able to cope with pain
- anxiety and worrying
- memory problems
- increased irritability.

Depression can affect anyone, and most people will start to feel better with treatment.

Anxiety

Situations such as waiting for test results or moving home make most people anxious. When the event is over, the anxiety usually fades. Some people experience anxiety that does not fade or appears at unexpected times with no identifiable cause. Someone experiencing anxiety may:

- feel restless or on edge
- avoid visitors, appointments or phone calls
- frequently seek reassurance
- have difficulty concentrating
- quickly become annoyed.



Panic attacks

Panic attacks can happen for no clear reason and be very frightening. The physical symptoms can include:

- sweating, feeling too hot or cold
- trembling or shivering
- feeling like your heart is beating irregularly, in speed or intensity
- pains in the chest, head or elsewhere in the body
- difficulty swallowing, feeling a lump in your throat or that you might choke
- breathing very rapidly or feeling like you can't catch your breath
- feeling sick or dizzy.

Panic attacks usually last between 5 and 20 minutes. The physical symptoms are caused by the body going into 'fight or flight' mode in response to something that feels like a threat.

People who have severe panic attacks may feel as though they are going to faint, have a heart attack or even die. However, although the symptoms can be frightening, they are not dangerous and will begin to subside after a few minutes.





Post Traumatic Stress Disorder, or PTSD

This can affect anyone who has experienced an event they found to be traumatic. Common causes are accidents, abuse or being in a combat situation. Symptoms may not appear until long after the event has passed and may include panic attacks, flashbacks and problems sleeping.

Phobias

A phobia is when someone's fears are out of proportion to the real dangers they face. Some common phobias are:

Social phobia – an overwhelming fear of being in social situations. It can be so strong that it gets in the way of doing simple everyday things. For example, someone might be afraid to go into a shop, make phone calls or eat in the company of others. They may experience symptoms like palpitations or panic attacks if they try to do these things.

Agoraphobia – fear of being in places where the person feels they would be unable to escape or get help if needed. This might lead to avoiding situations such as being alone outside, travelling on public transport or being in a crowd.



Other mental health symptoms

Seeing and hearing things

Many people see or hear things that are not real, for many different reasons. This may be caused by infection (commonly a urine infection), high temperature, medication side effects, or another illness.

Hallucinations are when you see, hear, feel, smell or even taste something that doesn't exist. Hallucinations can affect any of your senses.

Visual disturbances are different to hallucinations as they involve seeing real things differently to the way they look in real life. For example, patterns on carpets and wallpapers may seem like they are moving, or a coat hanging on a door may look like a person.

Delusions are thoughts or beliefs not based on reality but which someone believes to be true. These can be difficult to cope with, especially if delusions are about a carer or someone close to the person.

Common delusions are:

- **paranoia** – they may believe they are the victim of a conspiracy or that someone is spying on them
- **jealousy** – thinking someone close to them is betraying them
- **special powers** – they may think they can control certain situations or have abilities such as flying. This can lead to people acting in an unusual or dangerous way.



What are the warning signs?

Changes may be gradual or sudden. You may have noticed a friend or family member is avoiding people or losing interest in things they used to enjoy. They might not be looking after themselves properly, or perhaps they are drinking more alcohol than usual.

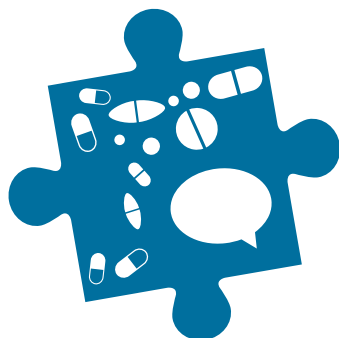
Common signs that someone is having difficulty with their mental health include:

- unexplained and long-lasting changes in mood
- sleeping too much or too little
- preferring not to be around other people
- feeling less interested in or able to cope with their usual hobbies or activities
- difficulty with memory or concentration
- being preoccupied with odd beliefs
- finding it more difficult to look after themselves
- talking about suicide or self-harm.

If you are worried someone is at risk of harming themselves, you should call 999 to get advice. See the section **What to do in a mental health crisis** on page 14.



Risks to mental health in later life



Understanding what could be affecting someone's mental health may help you to support them. While there is not always a specific or obvious cause, there are some things that commonly affect mental health in later life.

Retirement

Although many people enjoy having more time for themselves, some people struggle to adjust to retirement. Difficulties can include losing contact with work friends, feeling a lack of purpose and managing on a reduced income.

Events from the past

Some older people find themselves reflecting on difficult or traumatic events from their past. Someone may have experienced giving up a child for adoption, domestic abuse, discrimination because of their sexuality, or a lack of respect for their cultural or spiritual values. Reflecting on these types of events may bring back feelings they experienced at the time. These could include anger, fear, loss or powerlessness.



Abuse and harm

Most people who care for others are genuine and trustworthy. However, some people may use their position of trust to carry out financial, physical, mental or other forms of abuse.

Hourglass Scotland is a national charity for older people at risk. If you are worried an older person is being abused, you can call their free 24-hour confidential helpline on **0800 808 8141** or visit **www.wearehourglass.scot**.

To order copies of our guides **Staying safe from abuse** and **Worried an older person is being abused** call the **Age Scotland helpline** on **0800 12 44 222** or visit **www.age.scot/publications**.

Loneliness

Loneliness can be experienced by people of all ages and is harmful to both physical and mental health. As people get older the risk of loneliness may increase because of bereavement, poor health or loss of mobility.

Age Scotland offers a Friendship Line for any older person who needs it, and a **Community Connecting service** to help people find groups in their area. Call the Age Scotland helpline on **0800 12 44 222** for more information.

Alcohol

Drinking alcohol in harmful amounts can be a problem for people of all ages, for many different reasons. In later life we may turn to alcohol whilst coping with bereavement, loneliness, physical ill health or loss of independence. Retirement may also provide more opportunities for drinking too much, either going to the pub every day or regularly drinking alone. Drinking excessive amounts of alcohol can cause symptoms of depression or make existing symptoms worse.



Physical problems that can affect mental health

Problems with physical health can also affect mental health. Some conditions affect mental health directly, but any new health diagnosis may cause distress. Things that people might find difficult include:

- coping with symptoms
- managing medications
- changes to daily routines
- not being able to do things they used to enjoy
- worrying about the future
- having to rely on others for care and support.

GPs can often provide support if a physical health condition is having an impact on someone's mental health. Advice and support are also available from the many charities that exist to help people living with specific conditions. Some of these are listed below, but you can find others on the **Disability Information Scotland** website at **www.disabilityscot.org.uk** or by calling them on **0300 323 9961**.

Arthritis

Pain from arthritis can stop people from doing things they used to enjoy and make everyday tasks more difficult. This can affect self-esteem and lead to depression. Depression may not always be recognised in people with arthritis because symptoms such as tiredness and poor sleep are common to both conditions.

Versus Arthritis provides information, advice and support to people living with arthritis.

0800 5200 520 / www.versusarthritis.org



Dementia

Some types of dementia can cause depression or other mental health problems, although this may not be recognised. The early signs of dementia can also be very similar to some of the symptoms of mental illness. It is a good idea to encourage anyone experiencing mental health symptoms to see their GP and get a proper diagnosis. This can help to make sure they are getting the right support.

Alzheimer Scotland provides information and support for people living with dementia and their families.

0808 808 3000 / www.alzscot.org

Our **dementia guides** also provide more information. Call the Age Scotland helpline on **0800 12 44 222** to order copies or visit **www.age.scot/publications**.





Diabetes

Living with diabetes can lead to emotional stress for both the person with diabetes and their family. This can raise the risk of depression and anxiety, which can make it more difficult to exercise, eat healthily or manage medication.

Diabetes UK provides help, support and information for people living in Scotland with diabetes and their families.

0345 123 2399 / www.diabetes.org.uk/scotland

Parkinson's disease

Depression can be common in the early stages of Parkinson's. It can often be hard to identify due to the mixture of other symptoms someone may be experiencing. Some people with Parkinson's may experience hallucinations or delusions.

Parkinson's UK provides information and advice about all aspects of living with Parkinson's and has local support groups in every Scottish council area.

0808 800 0303 / www.parkinsons.org.uk/scotland

Stroke

Strokes affect people differently depending on the area of the brain that is damaged. Any change can be difficult to adjust to and may lead to depression. Damage to the part of the brain that controls emotions can be particularly hard to cope with as this can change the way people think, feel or behave.

Chest Heart and Stroke Scotland provide care and support for people after stroke, or diagnosis of a chest or heart condition.

0808 801 0899 / www.chss.org.uk



Thyroid problems

An over- or under-active thyroid gland can cause hormone levels to be out of balance. This may lead to mood changes, anxiety or problems with thinking or memory.

The **British Thyroid Foundation** provides information and support to help people understand and better manage their thyroid condition.

01423 810 093 / www.btf-thyroid.org

Hearing loss

Hearing loss can have a huge impact on confidence and mental health. People may feel less able to interact with the world around them and often begin to avoid social situations.

RNID provides information and advice to anyone living with hearing loss or tinnitus, along with local support and care services.

0808 808 0123 / www.rnid.org.uk/scotland

Sight problems

Coming to terms with a long-term sight problem can be difficult both practically and emotionally.

RNIB provides advice and support to people who are blind or partially sighted, including information about technology and accessibility aids.

0303 123 9999 / www.rnib.org.uk/scotland



How can I help?



What to do in a mental health crisis

A mental health crisis is when someone's mental health worsens to the point where they need urgent medical help. A crisis may be:

- thinking about suicide or hurting themselves
- having an episode of psychosis, where they might experience or believe things that are not real
- behaving in a way that could put them or others at risk.

In an emergency, call 999. The emergency services will assess the best way to provide help. They may contact the local mental health crisis team. If someone needs physical treatment because they have self-harmed they are likely to refer them to Accident and Emergency, where a duty psychiatrist may assess their needs.

If you need medical advice or help but it is not an emergency, you can call **NHS 24** on **111**.



Supporting someone who is struggling

Let them know you are there for them

The first thing to do is open the conversation. Everyone is different and you may already know how the person you are worried about would prefer to be approached. For example, some people find phone, text or email easiest, while others prefer speaking face to face.

You could let them know that you have noticed they are not their usual self, that you care and that you are there if they want to talk or need help. It is important to make it clear you are not asking just to be polite. You might want to say something like:

- I've noticed you've been quieter than usual. Is everything ok?
- You seem down. Is there anything I can do to help?
- I've been worried about you. How are you?

Communication can be a struggle for people having mental health difficulties and some people may not feel ready to talk. If this is the case, keep doing the things you usually do together. You can still keep an eye on them and be there for them even if they are not ready to talk.

If they do open up to you, let them speak without interrupting them or offering your opinion. What they tell you may not make sense to you, but it is important they feel heard and do not feel judged for the way they feel.



Acknowledge their feelings

It can be upsetting to hear that someone you care about is struggling. It may be tempting to try and make them feel better. However, try to avoid pointing out the positives in their situation. Saying things like ‘cheer up, ‘look on the bright side’ or ‘at least...’ can make them feel you are not taking their difficulties seriously.

Instead, let them know that what they are going through sounds difficult. Accepting and acknowledging their feelings is often the most helpful thing you can do.

It can sometimes be hard to understand why someone is feeling the way they do, and they may not understand it themselves. Whatever the circumstances, it is important not to judge them for any difficulties they are experiencing.

Ask them how they would like to be supported

Everyone is different. If you know someone is struggling with their mental health and would like to support them, ask them what they would find helpful.

Some people might want you to check in with them regularly about how they are feeling. Others may prefer you to carry on as normal, talking about the things you usually would. Some people find it helpful to have company but without speaking at all. If this is the case, you could suggest watching a film together or going for a walk.

They may also appreciate help with practical things such as preparing meals, food shopping or getting to appointments.



Encouraging someone to get professional help

Most people who experience mental health difficulties make a good recovery with the right treatment and support. Encouraging someone to get professional help is often the best thing you can do to support them.

Suggest they visit their GP

Speaking to a GP is usually the best place to start. The GP may want to rule out any physical causes for mental health symptoms and can offer treatment and referrals if needed.

If they do not want to visit their GP, try to find out the reason. You could offer to go with them if they say they are worried or nervous. Some people may not think they are unwell or might believe a doctor cannot help them. Others might feel embarrassed or ashamed about feeling low, or think it is just part of getting older.

Nobody can be forced to speak to a doctor. However, you may be able to contact someone's GP in confidence to let them know you are worried about the person. In some cases, the GP will invite them for a general check-up so they can make sure they are ok.

Some people with mental health difficulties feel paranoid and might worry that anyone offering help may be plotting against them. Get advice from your own GP if the person you care for feels like this.

It may also be helpful for you to tell your own GP that you are supporting someone else. They will be able to give you information about local services and support, including for your own health.



Other organisations they could speak to

Some people are more comfortable getting help from a voluntary support service than the health service. Voluntary organisations can provide services such as talking therapies and support groups. However, they cannot provide medical help.

A few of the organisations they could talk to include:

- **Samaritans** – support for anyone in emotional distress or having suicidal thoughts. Call **116 123**, any time, day or night.
- **SHOUT** – text service available 24/7 for people who are struggling to cope and want to talk. Text the word **Shout** to **85258**.
- **Breathing Space** – a confidential phone line for anyone in Scotland feeling low, anxious or depressed. Mon–Thurs 6pm–2am, Fri 6pm–Mon 6am. Also offers webchat and support in other languages.
0800 83 85 87 / www.breathingspace.scot
- **Scottish Action for Mental Health** (SAMH) – community-based support services across Scotland. Call **0344 800 0550**.
- **Change Mental Health** – support for people in Scotland affected by mental illness, including family members, carers and supporters. Call **0808 8010 515**.
- **LGBT Health and Wellbeing** – information, advice and social opportunities for people who are part of the LGBT+ community. Some volunteers can provide help and support in other languages. Call **0800 464 7000**.

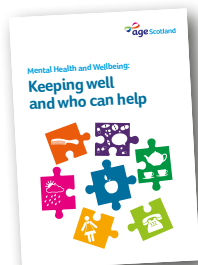


Treatment and support for mental health



Specialist support

If a GP feels specialist help is needed, they may make a referral to the local mental health team. Most people who are supported by a mental health team have their treatment at home or at a local health centre.



More information about the treatments and services for mental health is available in our guide **Keeping Well and Who Can Help**. To order a copy call the Age Scotland helpline on **0800 12 44 222** or visit **www.age.scot/publications**.



Can someone be forced to have treatment?

Medical treatment cannot usually be given without the consent of the patient or, if they are unable to consent, someone else on their behalf. There are exceptions to this, including if it is a medical necessity to save their life.

In some situations, someone with a severe mental health condition can be given 'compulsory treatment' under the mental health act. This may include being detained in hospital, also known as being 'sectioned'. There are strict rules about when this can happen, and the law contains safeguards to protect people's rights. These include the right to appeal and the right to have an independent advocate.

The Mental Welfare Commission for Scotland provides more information about compulsory treatment and detention under the mental health act. Visit **www.mwcscot.org.uk** or call **0800 389 6809**.



Practical advice and help

There may be practical help available from the local authority for people experiencing mental health difficulties. Help may also be available to you if you are supporting them.

Care and help at home

You may feel that the person you are supporting needs help to live comfortably and safely at home. If you cannot or do not wish to provide this support, you or the person themselves can ask their local council's social work department for an assessment of their care needs. In some areas of Scotland such as Highland, they will need to ask their local health board instead.

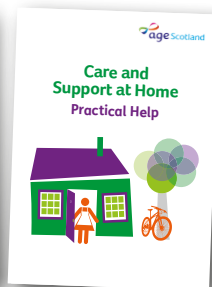
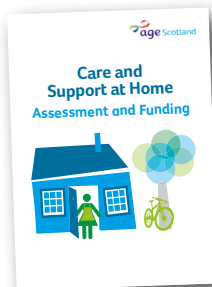
Anyone in Scotland is entitled to free personal (and nursing) care if an assessment finds they need it. Other services may also be available, such as help with shopping or housework, but there may be a charge for these. A financial assessment will be carried out to work out what they will need to pay. The charges and services available vary across Scotland.

There may be a waiting list for assessments. Make it clear if help is needed urgently, for example if someone is unable to use the bathroom or feed themselves without help.



Supporting someone
with their mental health

For more information about care needs assessments see our guides **Care and support at home: assessment and funding** and **Care and support at home: practical help**.

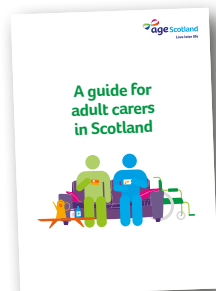


Support for carers

If you provide or intend to provide care for someone, you are entitled to have your needs as a carer assessed by your local council (or the NHS if you live in Highland). The council can draw up an **Adult Carer Support Plan**, which may include services such as practical support, emotional support and respite care.

Respite could be anything from an hour every day or a couple of hours a week, to a two-week holiday. It should give you time off from your caring role to let you do something that you want to do for yourself, or just time to relax. A break from caring does not have to mean being away from the person you look after – just a break from the responsibility of looking after their care needs.

If you are working, you are also entitled to up to five days of unpaid leave from your employment to allow you to carry out caring duties.



Our **Adult Carers** guide can provide more information about your rights as a carer. To order a copy call the Age Scotland helpline on **0800 12 44 222** or visit **www.age.scot/publications**.



Money worries

Balancing a household budget is hard at the best of times but having to be organised whilst looking after someone who is unwell is even more of a challenge. The person you are supporting may also benefit from help with managing their own budget.

Our **Help to manage your money and benefits** guide provides information about the options for getting support to manage your affairs. You can also call the Age Scotland helpline for advice on **0800 12 44 222**.



The UK Government's **MoneyHelper** service provides advice about how to get back on track for anyone struggling with their budget and bills.

Visit **www.moneyhelper.org.uk** or call them on **0800 011 3797**.

Benefits

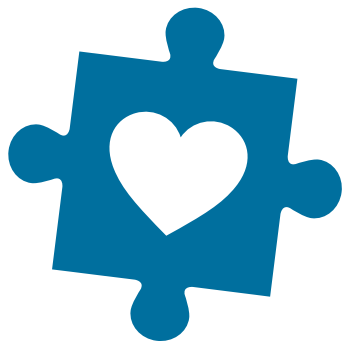
If you are caring for someone, you may be entitled to extra money to help you. The rules about benefits can be complicated. The person you support may also be entitled to benefits, but these could be affected by some of the benefits you might claim as a carer.

To order a copy of our **Benefits Maze** guide or to ask for a free benefit check, call the Age Scotland helpline on **0800 12 44 222**.





Looking after yourself



Supporting someone else can have a big impact on your life and on your physical and mental health. It is important that you look after yourself, both for your sake and so you can continue to provide care in the way you want to.

It may be hard to find the time, but you will be better able to continue supporting them if you:

- eat well
- keep active when you can
- get enough sleep
- do things you enjoy, either by yourself or with the person you are supporting
- accept any support that is available – see the section in this guide on **Practical advice and help**

You may not think of yourself as a carer. However, if you support someone who would not manage otherwise, you are considered to be a carer and may be able to get some support yourself.

Your local Carers Centre will be able to tell you more about this. You could be offered emotional support such as counselling, or practical support such as respite care. **Carers Trust** can provide details of local carer services and support.

Visit **www.carers.org** or call **0300 772 9600**.



Speak to your GP if you are having problems sleeping. **NHS Inform** also provides tips and advice on getting better sleep. Search **sleep** at **www.nhsinform.scot** or call **0800 22 44 88**.

Our guides **Eat Well** and **Keeping Active in Later Life** provide ideas and advice about taking care of yourself. To order copies call the Age Scotland helpline on **0800 12 44 222** or visit **www.age.scot/publications**.



Relationships

Relationships are important to mental and physical wellbeing. In fact, research suggests that having good quality relationships may even lengthen your life.

Supporting someone who has a mental health problem can change the relationship you have with them. This can be challenging for you both. You may also have less time for other important relationships in your life.

Your local Carers Centre can give you expert information and advice about this and many other aspects of being a carer. **Carers Trust** can provide details of local carer services and support.

Visit **www.carers.org** or call **0300 772 9600**.





Spiritual support

Some people find that their religious and spiritual beliefs offer comfort or support. Religious leaders often have the training and experience to support people who are in difficult situations. If you feel spiritual support would be helpful to you, your religious leader or a local faith community can let you know about the types of support they offer.





Useful contacts

Age Scotland helpline: 0800 12 44 222

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

If you need an interpreter, call **0800 12 44 222** and simply state the language you need e.g. Polish or Urdu. Stay on the line for a few minutes and the Age Scotland helpline will do the rest.

You can call us for a copy of our publications list. You can also download or order copies of our guides at **www.age.scot/information**.

NHS Inform

Provides information and advice on a range of health and care topics. Information in other languages and an interpretation service are available.

0800 22 44 88 (for textphone dial 18001 first)
www.nhsinform.scot

Samaritans

Support for anyone in emotional distress or having suicidal thoughts. Available any time, day or night.

116 123
www.samaritans.org



Supporting someone
with their mental health

Scottish Action for Mental Health (SAMH)

Community based support services for people with mental health problems across Scotland.

0344 800 0550

www.samh.org.uk

Change Mental Health

Support for people affected by mental illness, including family members, carers and supporters.

0300 323 1545

www.changemh.org

Breathing Space

Operates a confidential out-of-hours phone line for anyone in Scotland feeling low, anxious or depressed. They also offer a webchat service and support and advice in other languages.

0800 83 85 87 (for textphone dial 18001 first)

www.breathingspace.scot

SHOUT

A text message service for people who are struggling to cope and want to talk. Available 24-hours a day, 7 days a week.

Text the word '**Shout**' to **85258**

www.giveusashout.org



LGBT Health and Wellbeing

LGBT Age is a project run by LGBT Health and Wellbeing, providing information, advice and social opportunities for people over 50 who are part of the LGBT+ community. Some volunteers can provide help and support in other languages.

0800 464 7000

www.lgbthealth.org.uk

Care Information Scotland

Provides practical advice and information to carers on any care related matter.

0800 011 3200

www.careinfoscotland.scot

Carers Trust

Provides practical advice and support to carers and can give you details of your local Carers Centre.

0300 123 2008

www.carers.org/scotland

Carers Scotland

Provides expert advice, information and support to carers. It also offers online meetups for carers. Part of Carers UK.

0808 808 7777

www.carersuk.org/scotland

Coalition of Carers in Scotland

Detailed information about the rights of carers under the Carers (Scotland) Act 2016.

www.carersnet.org

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**
- Text **AGESCOTGIVE** to **70085** to donate £5*
- 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, you can help us to continue being there for older people in the years to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

*Texts cost £5 plus one standard rate message

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.

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

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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 national 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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