

Mental Health and Wellbeing:

Keeping well and who can help



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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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.



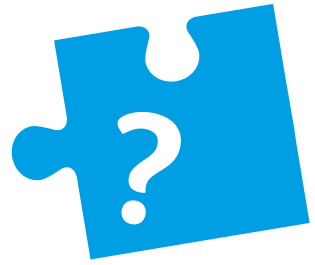
Introduction

Good mental health is as important in later life as it is at any other time. It influences how we think, feel and interact with others. It also affects how we communicate and our ability to cope with life's changes.

This guide provides information about common mental health problems, risks to mental health in later life, maintaining good mental health and who can help if you have difficulties.



What is mental health?



Mental health (or mental wellbeing) describes how someone feels and how well they cope with day-to-day life. Mental wellbeing can change from day to day, month to month or year to year.

If someone has good mental wellbeing, they can:

- express a range of emotions
- engage with the world around them
- build and maintain positive relationships with others
- be part of their community
- cope with the stresses of daily life
- manage times of change and uncertainty.

One in four people experience problems with mental health at some point in their lives. Sometimes people may not recognise their own symptoms, but family and friends may notice and be concerned.



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 feel the need for 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 your chest, head or elsewhere in your 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, you might be afraid to go into a shop, make phone calls or eat in the company of others. You may experience symptoms like palpitations or panic attacks if you try to do these things.

Agoraphobia – fear of being in places where you feel you 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.



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.

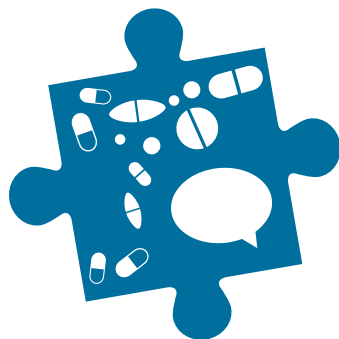
Delusions are thoughts or beliefs not based on reality but which someone believes to be true. These can be difficult to cope with, especially if delusions are about a carer or someone close to you.

Common delusions are:

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



Risks to mental health in later life



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 your mood or behaviour is affected over a longer period, you may be having difficulties with your mental health.

Understanding the things that can affect mental health can help you to take steps to prevent or remedy some mental health problems. However, there is not always a specific or obvious cause. It can sometimes be hard to understand why you feel the way you do. Whatever the circumstances, it is important not to judge yourself for any difficulties you are experiencing.



Retirement

While 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. This can bring back feelings they experienced many years ago. 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 about abuse, 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 you find groups in your 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

Later life can bring problems with physical health. It can be hard to adjust to the shock of a new diagnosis and the changes that living with a new condition can bring. These might include:

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

Speak to your GP if a physical health condition is having an impact on your mental health. You can also get advice and support 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**.

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

0808 808 3000 / www.alzscot.org

[illegible]

Age Scotland

Reducing your risk of Dementia

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

Age Scotland

What is dementia?

memory advice thinking
 brain sensory information
 health safety
 support
 help
 blood
 support
 heart



The logo for Age Scotland is located in the top right corner. It features a stylized 'a' made of two overlapping loops, one red and one green, followed by the text 'ageScotland' in a sans-serif font, with 'age' in black and 'Scotland' in blue. Below the logo is a large illustration of two stylized human figures sitting on a yellow sofa. The figure on the left is grey and the one on the right is blue. Both figures have a small white rectangular patch on their chest. The grey figure is holding a green plant, and the blue figure is holding a pink plant. A small table in front of them holds a green plant and a white bottle. The background is a light blue sky with a few white clouds.



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

01423 810 093 / www.btf-thyroid.org

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

0808 801 0899 / www.chss.org.uk

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

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

Parkinson's UK in Scotland 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

RNIB Scotland 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

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

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

0800 5200 520 / www.versusarthritis.org



Keeping mentally well



Looking after your mental health is just as important as looking after your physical health – and often they affect each other.

There are many things you can do to look after your mental health and help build **resilience** – the ability to stay mentally well at difficult times and to bounce back.

Accept and seek support

Family and good friends can help you to deal with the stresses of life. They can also help you to enjoy yourself and make you feel included and cared for.

Sometimes it is also good to speak to people outside of your usual circle of support. The **Age Scotland helpline** offers information, friendship and advice. Call **0800 12 44 222** to speak to one of our friendly advisers.

Get active

Physical activity can boost self-confidence and release ‘feel-good’ hormones. You don’t have to go to the gym; activities such as gardening, walking to the shops and swimming all count. Keeping active in nature can be particularly beneficial to mental health.

Our guide **Keeping Active in Later Life** explains why exercise is important and suggests ways to get active that you might enjoy.



Make time for hobbies

It is important to take a break from the routines and pressures of everyday life. Make time to do whatever works for you, whether it is sport, watching a film, meeting friends, tracing family history or reading a good book. Creative activities, such as photography, baking, gardening, writing or drawing can be very beneficial for mental health.

Learn something new

Learning new skills can give your mental health and confidence a boost. It is also good for your brain health. You could try to learn a new language, play a new instrument, master a new craft or participate in online activities such as games or chat groups.

Our **Community Connecting service** can help you find opportunities in your area. Call the Age Scotland helpline on **0800 12 44 222** for more information.

Try volunteering

Volunteering can have a positive impact on mental wellbeing through helping others. It is good for self-confidence and making new connections, both of which can benefit mental health.

Volunteer Scotland provides details of volunteering opportunities across the country. Visit **www.volunteer.scot** or call **01786 479593**.



Find time for stillness

Slowing down our thoughts is important, but not always easy. The NHS recommends a range of mindfulness practices that can help us to observe our thoughts and bring them under control. These include breathing and meditation practices and Tai Chi. You may like to try a guided meditation to help get you started.

Get the sleep you need

Our sleep routine can change as we get older so changes to sleep patterns are not necessarily a concern. However, speak to your GP if lack of sleep is affecting your everyday life.

NHS Inform provides further ideas about ways to improve emotional and mental wellbeing, including information in other languages. Visit **www.nhsinform.scot/mind-to-mind** or call the NHS Inform helpline on **0800 22 44 88**.





Relationships and mental health

Research suggests that having good quality relationships can benefit both your mental and physical health. Having strong relationships may even lengthen your life.

Relationships may need extra work if you or someone close to you experiences mental health difficulties. Someone may not understand why the other person is behaving differently or is not able to provide as much support as usual.

Some people worry about how their friends or family might react if they tell them they are having mental health difficulties. However, people can be more understanding if you let them know what you are going through and what you would find helpful.

If someone close to you cares for you while you are unwell, it may take a while to adjust. Try not to worry if things feel awkward at first. Make it clear that you appreciate their support and try to find time to do the things you enjoy together when you are having better days.

Our guide **Supporting Someone with their Mental Health** provides information for anyone wanting to know more. Call the Age Scotland helpline on **0800 12 44 222** or visit **www.age.scot/publications**.





Getting support for mental health



Where to get help

Most people who experience mental health difficulties make a good recovery with the right treatment and support. It can feel difficult to reach out, but it is the first step towards getting the help you need to start feeling better.

Make an appointment with your GP

Speaking to your GP is usually the best place to start. They may want to rule out any physical causes for your symptoms.

Your GP can also help you to understand what is happening to you, provide reassurance and explain what support is available. They may suggest lifestyle changes, prescribe medication or make a referral for therapy or a specialist service.

Before your appointment you may like to make a note of what you want to say. This might include:

- how you are feeling
- how this is affecting your day-to-day life
- anything from your past that is troubling you
- anything that is causing you to feel stressed (such as money, family or work pressures)
- physical health problems
- details of medications, herbal remedies or supplements you take.



It is important to be open and honest with your GP. They may ask questions to help them get a better picture of your overall health. They might make a diagnosis based on what you have told them, or they may refer you to a mental health team.

Your GP will usually suggest you make a follow up appointment so they can check how you are doing. However, if you start to feel worse between appointments, contact them again to ask for an urgent appointment.

Talk to someone

You may feel comfortable speaking to someone you trust. There are also many organisations that offer support, advice or a listening ear. These 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. Call **0800 83 85 87** Mon–Thurs 6pm–2am, Fri 6pm–Mon 6am.

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**.



Treatments and services

Medicine

There are many different types of medication for treating mental health symptoms. It can take a few weeks before medication helps you to start feeling better. It is important to take the treatment for the length of time recommended by your GP, even if you are feeling better. If you stop taking the medication too soon, you could begin to feel worse again.

Information about the types of medication used to treat mental health problems is available from **NHS Inform**. Visit **www.nhsinform.scot** or call **0800 22 44 88**.

Talking therapies

There are several different types of talking therapy that can be helpful in different situations:

Counselling gives people the chance to talk through everyday issues that may be causing problems, and to develop strategies for resolving them.

Mindfulness-based cognitive therapy is based on the idea of becoming at peace with yourself and focusing on the present, rather than being concerned about the past or the future.

Cognitive therapy (sometimes called cognitive behavioural therapy, or CBT) teaches you skills to identify and change patterns of behaviour and thinking that are causing you problems.

Psychotherapy often looks at how past experiences may be affecting your life now. It may involve thinking back to early experiences and key relationships.

For more information about talking therapies, see the **NHS Inform** website **www.nhsinform.scot**, or call **0800 22 44 88**.



Community mental health teams

Community mental health teams are usually based at a hospital or local health centre. They can visit you at home or you may be invited to attend appointments. The team will usually include:

Community mental health nurse or community psychiatric nurse (CPN)

They work closely with other professionals and with you to plan care and treatment. They can help with a range of mental health issues, and can support you to set goals and plan for the future.

Psychiatrist

A psychiatrist is a doctor who specialises in mental health. They will ask about your background, any previous treatment and your current situation. The psychiatrist will explain their assessment and diagnosis, and what tests or treatments might be needed.

Psychologist

Psychologists are trained to understand how people think, feel and behave. They have knowledge of a range of psychological therapies. Their role is to help improve mental health, wellbeing and quality of life. They will ask about your feelings, thoughts and behaviour. The psychologist will help you to understand the problems you are experiencing and suggest different ways to manage them.



Social worker

A social worker can assess your care and support needs and put services in place to address them. Their assessment may cover physical health and practical issues as well as mental health needs.

For more information about having your care needs assessed and the support available, see the Age Scotland guides **Care and Support at home: assessment and funding** and **Care and Support at home: practical help**.



Support groups

Support groups can provide information, reassurance and the opportunity to meet others going through similar experiences. They are often run by health professionals or people who have experience living with mental health problems.

Social prescribing

Your GP may refer you for social prescribing. A specialist worker will talk to you about your interests. They will then connect you with community groups and activities they feel can support your mental health and wellbeing.

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.



Time in hospital

Some people need to spend time in hospital to help them recover from mental illness. This happens if someone becomes very unwell. They may need to be monitored to keep them from harming themselves or others.

As well as providing medical treatment, being in hospital provides a break from everyday responsibilities. It also gives access to specialists such as occupational therapists, who may offer therapeutic activities, and psychologists.

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**.



Support with care, finances and legal issues

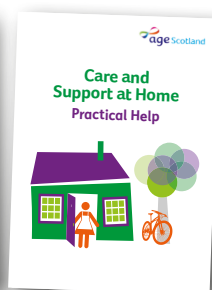
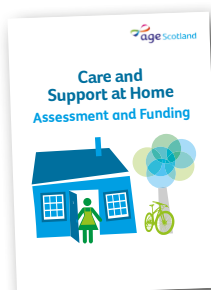
Care and help at home

If you think you may need support to live comfortably and safely at home, you should ask your council's social work department for an assessment of your care needs. In some areas of Scotland such as Highland, you will need to ask your 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 you need to pay. The charges and services available vary across Scotland.

There may be a waiting list for assessments, so it is important to tell them if you need help urgently, for example, if you need help to use the bathroom, dress or feed yourself.

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**.



Managing a household budget is hard at the best of times but it can be an even bigger challenge if you are experiencing mental health difficulties.

You can also call the

Visit **www.moneyhelper.org.uk** or call **0800 138 7777**.

If you are unwell for a period of time, you may be entitled to claim certain benefits. These include disability-related benefits if you have care or support needs and means-tested benefits if you are on a low income. Benefits can be complicated, and many people aren't claiming everything they are entitled to.

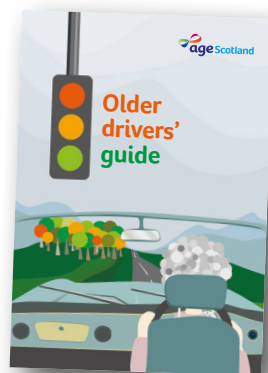


Driving

Many people with mental health conditions are able to continue driving safely. However, some health conditions need to be reported to the **DVLA**. Visit **www.gov.uk/health-conditions-and-driving** or call **0300 790 6806** for information about conditions you must tell the DVLA about.

Some medications can cause drowsiness or have other side effects, and you may be advised not to drive if you are taking them. Speak to your doctor or pharmacist to find out if any of your medications could affect your driving.

To order a copy of our **Older drivers' guide**, contact the **Age Scotland helpline** on **0800 12 44 222** or visit **www.age.scot/publications**.





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



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

**We are grateful to the following for their contributions
to the original version of this guide:**

Borders Voluntary Older Peoples Service
Mood Project, Whitburn, West Lothian
Borders elder voice
Hard of Hearing Network
New Horizons Borders, Galashiels
Highland Community Carers Forum
Connecting Carers Dingwall
Age Concern, Glenrothes
Dumfries & Galloway over 50's Club
QCCC South Queensferry
Friday Bught Stop Group, Inverness
Later Life Matters
Calm Project

Scope GAMH Glasgow
Alzheimer Scotland Kelso
Alzheimer Scotland Edinburgh
SAMH
LGBT Older Age Glasgow
Change Mental Health (previously Support in
Mind)
Care for Carers Edinburgh
Queens National Nursing Institute
Human Development Scotland
Helen Galliard, Health in Mind
Age Scotland's Allied Health Professionals
Age Scotland Community Development Officers

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.

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.agescot.org.uk/privacy-policy).

**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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