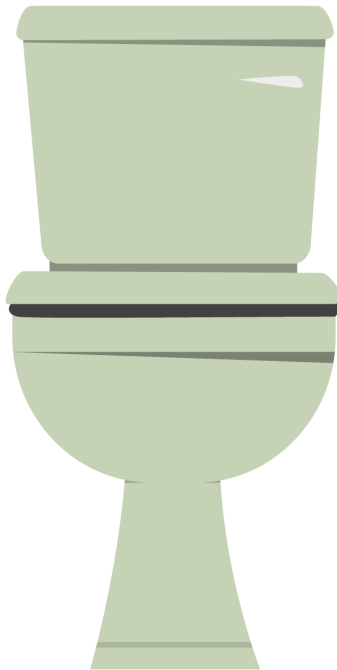


Bladder and Bowel Problems



**Common problems and
how to manage them**

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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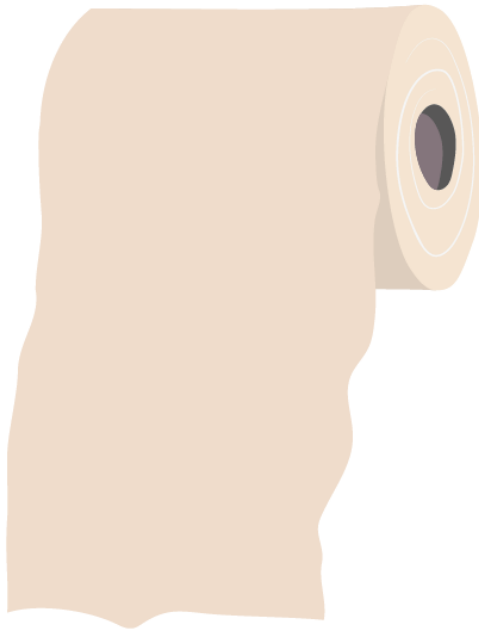


Introduction

People of any age can have problems with their bladder or bowel. These problems are more common as we get older and can sometimes affect day-to-day life.

Many people do not ask for help. They may find it embarrassing to speak about or they might think that nothing can be done.

There are many ways to treat and manage common bladder and bowel problems and to stop them interfering with everyday life. This guide looks at common problems, and some of the things that can help.





The bladder

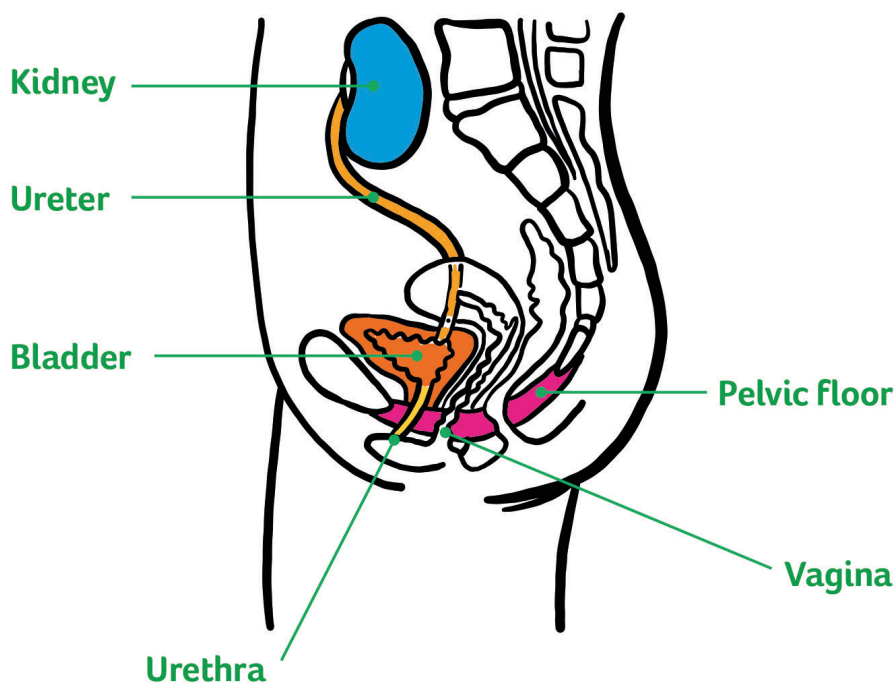
How the bladder works

The bladder is a muscular bag in your lower body. Its purpose is to collect and store urine (pee) until you are ready to use the toilet.

Urine is made in your kidneys and travels to the bladder down tubes called ureters. As the bladder fills up it expands like a balloon. When it is about half full, you will start to feel the need to pee.

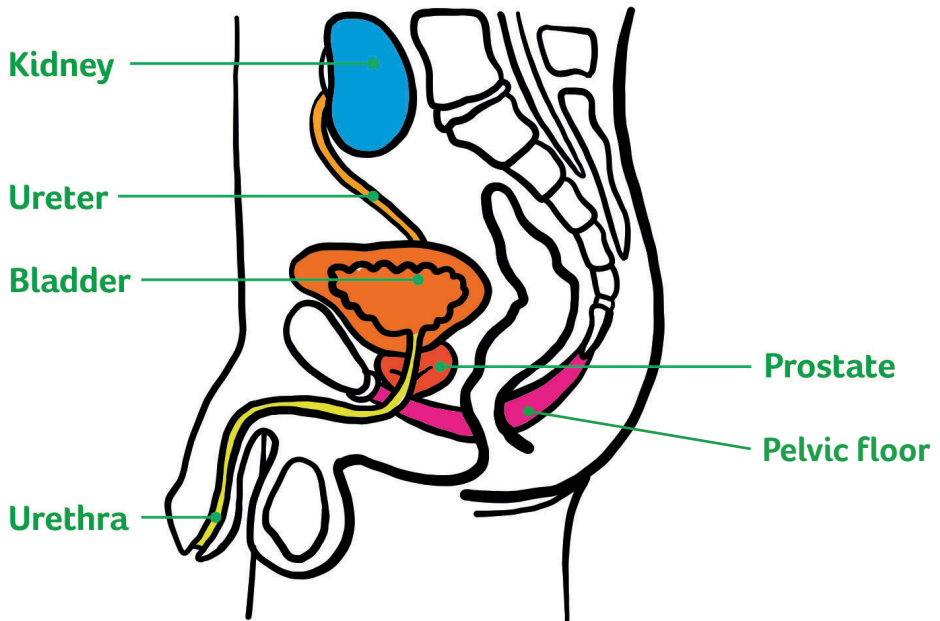
The brain controls your bladder, automatically sending messages telling it when to hold on and when to empty. When you are ready to empty your bladder, messages from the brain cause the muscles in the bladder to tighten, and a tube called the urethra to relax. This allows you to pee.

The female urinary system





The male urinary system



A normal bladder:

- needs to be emptied four to seven times a day (every three to four hours)
- can hold up to a pint of urine (between 400ml and 600ml), but usually feels quite full at about half this amount
- may need to be emptied once during the night
- empties completely each time you pee
- does not accidentally leak urine



Types of bladder problem

Many of us will experience some kind of bladder problem during our lifetime. These can be very inconvenient and often uncomfortable, but there is a lot that can be done to treat them. It is important to speak to your GP as soon as possible about bladder problems, especially if you notice blood in your pee. This is usually a sign of a simple infection. However, it can also be a sign of bladder cancer, which needs to be treated quickly for the best outcome.

Urinary tract infections (UTIs)

Urinary tract infections (UTIs) can affect the bladder, urethra or kidneys and can cause a number of different symptoms. You may feel like you need to pee more urgently or more often than usual or have a burning sensation when you do pee. Your pee might look cloudy, have blood in it, be darker than usual or smell unpleasant. You may get pain in your lower tummy or back and you might have a temperature.

Older people with memory and thinking problems, such as dementia, may behave differently than usual if they have a UTI. They might seem suddenly more confused or become restless or agitated.

Sometimes symptoms clear up by themselves after a few days. If this does not happen, or if symptoms become very painful very quickly, speak to a GP or pharmacist.

Nocturia

Nocturia is when you regularly need to get up two or more times a night to pee. Speak to your GP if this affects you. They may want to do tests to see what is happening and might suggest something to help.



Urinary retention

Urinary retention is when you cannot empty your bladder properly. If this develops over a long period of time it is called **chronic urinary retention**. Symptoms include difficulty starting to pee, feeling that your stream of pee is weaker than before or having trouble emptying your bladder completely. Chronic urinary retention can eventually lead to overflow incontinence (see below).

If you are suddenly unable to pee even though you have a full bladder, this is called **acute urinary retention**. This is usually very painful and requires urgent medical help. If this happens you should call **NHS 24** by dialling **111** or visit your nearest accident and emergency department.

Bladder cancer

Signs of bladder cancer include blood in your pee and difficulty peeing. You may also have pain or discomfort when peeing. These symptoms are also signs of other problems, such as infection, but it is always best to speak to your GP straight away. If it is cancer, the chances of treatment success are much greater if you are diagnosed as early as possible.

Bladder incontinence

Bladder incontinence, sometimes called urinary incontinence, is when you sometimes pee without meaning to. It affects an estimated 7 million people in the UK and has many different causes. It is generally more common as we get older.



Stress incontinence

Stress incontinence is when you pee a little when the bladder is under physical stress. This might be when you cough, sneeze, laugh or exercise - sometimes even during gentle exercise like walking.

Stress incontinence is generally more common in women, but it can affect anyone. It happens when the pelvic floor muscles which support the bladder and the muscles that control the opening of the bladder become weakened. This can be due to childbirth, surgery, including prostate surgery, or being overweight. It may also happen after the menopause, when the body stops producing the hormones that help to keep the vagina and bladder outlet healthy.

Urge incontinence

Urge incontinence is when you need to pee so suddenly and urgently that it is difficult to get to the toilet in time. This may also wake you during the night. It is caused by an overactive bladder. This is when the muscles in the bladder contract without warning, even when the bladder is not full.

Having an overactive bladder can sometimes become a problem with age, often with no specific cause. It can also be caused by physical problems and conditions such as stroke, Parkinson's disease or multiple sclerosis. Other causes include infection and some treatments for prostate cancer.

Overflow incontinence

This is when pee leaks as a dribble, often with no feeling of needing to go. It can happen if something is blocking the urethra and stopping pee from flowing normally. This could be due to:

- an enlarged prostate
- bladder stones
- scar tissue, for example from surgery
- prolapse of the womb or bladder

Prolapse is when organs slip from where they usually sit. If the womb or bladder have slipped out of place they can put pressure on the urethra. Blockages to the urethra can cause pee to get trapped. This can later release and leak without warning.

Overflow incontinence can also happen if the muscles of the bladder become underactive and stop working properly. In this type of overflow incontinence, the bladder can become very full without you feeling the need to pee. Eventually the pressure causes the urethra to open, allowing pee to leak out.

This can happen with age but can also be due to nerve damage from injury, surgery or health conditions. It can also be caused by some medications.

Reflex incontinence

This is when the muscles in the bladder tighten without warning causing pee to leak out, often in large amounts. This happens if the nerves that send signals to the bladder muscles stop working normally. This might be due to damage from injury or surgery, or because of health conditions affecting the nervous system, such as multiple sclerosis or Parkinson's disease.



Functional incontinence

Functional incontinence is when your bladder works normally but you have accidents for other reasons. You might struggle to reach a toilet because of problems moving around or have difficulty removing clothes in time, for example if you have arthritis. Some medicines can also cause functional incontinence, such as those that increase the amount of pee you make.

Some people with dementia may develop some level of functional incontinence. See page 24 for more information.



Bladder problems can be a sign of an underlying prostate problem, especially after the age of 50. Speak to your GP if you are worried about your risk of prostate cancer, or if you notice changes such as:

- a weaker flow of urine
- needing to get up at night to pee
- blood in your urine
- feeling pain when you pee





The bowel

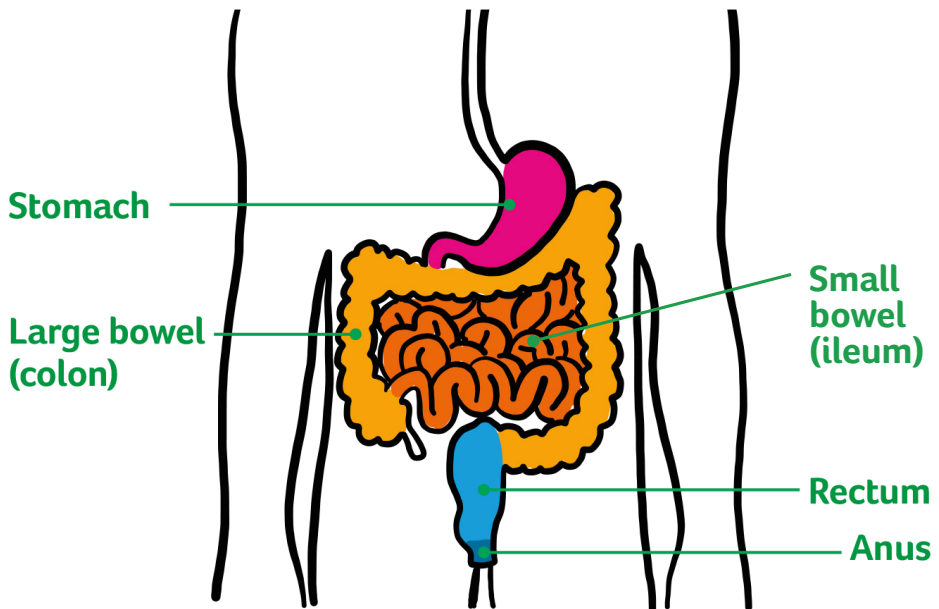
How the bowel works

When the food we've eaten has been digested by the stomach it passes into the small bowel, or ileum. This is where most of the nutrients are absorbed into the body.

What is left then moves through the large bowel, or colon. Water and more nutrients are absorbed, making the remains of the food more solid but ideally still slightly soft.

These remains then pass into the rectum. This is when we get the feeling we need to go to the toilet. When we are ready to go, the brain sends signals to relax the muscles on the outside of the rectum, and this allows us to poo.

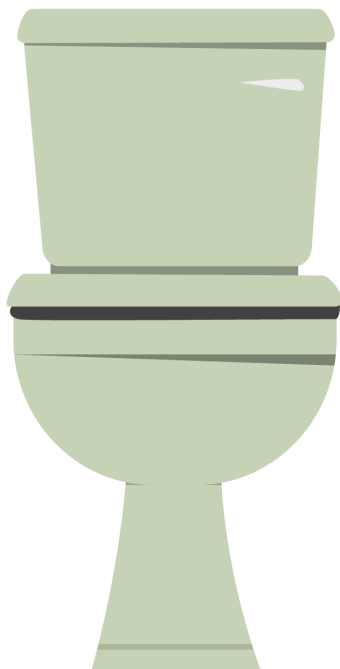
Digestive system





If your bowel is working normally:

- your poo will be soft and easy to pass
- you will not need to strain when you poo
- you may poo several times a day, once a day or only once every two to three days - all of these can be normal



Types of bowel problem

Most people get tummy troubles every now and then. This is usually nothing to worry about. However, you should speak to your GP if you have problems regularly, if you are in a lot of pain or if the problems begin to affect your daily life. If you have any bleeding from your bowel, you should also tell your doctor immediately. This can be a sign of bowel cancer, which needs to be treated quickly.

Constipation

Constipation is when poo becomes particularly hard and difficult to pass. It is quite a common problem and can be caused by:

- not getting enough fibre in your diet – foods containing fibre include vegetables, beans, some cereals and wholemeal bread
- not drinking enough liquid – you should drink at least six to eight cups of liquid a day
- not moving around enough
- certain medicines, including some painkillers
- often ignoring the feeling of needing to poo – if the feeling goes away, you might find it difficult to go later
- some neurological conditions, such as Parkinson's disease or multiple sclerosis
- bowel conditions such as irritable bowel syndrome (IBS)

Speak to your doctor if lifestyle changes and over-the-counter treatments do not help.



Diarrhoea

Diarrhoea is when your poo is very watery. There is often a frequent, urgent need to poo. This can cause you to have an accident if you cannot get to the toilet in time.

Diarrhoea has many causes, including:

- the overuse of laxatives
- bacterial or viral infection
- bowel conditions such as irritable bowel syndrome (IBS)

Diarrhoea that lasts for more than a few days should always be discussed with your doctor. It can quickly cause you to become dehydrated if it is not treated.

Bowel incontinence

Bowel incontinence, also called faecal incontinence, is when you sometimes poo without meaning to. Some people with bowel incontinence have accidents every day and others only occasionally.

Bowel incontinence can happen as a result of other bowel problems such as constipation, diarrhoea or irritable bowel syndrome. It can also be caused by conditions affecting the nerves or muscles in and around the bowel. This could be conditions such as Parkinson's disease, multiple sclerosis or stroke. Damage to the muscles of the bowel and anus during childbirth can also cause incontinence in later life.

Some people with dementia may develop some level of bowel incontinence. See page 24 for more information.

Bowel cancer

Bowel cancer symptoms can include blood in your poo, changes in your bowel habits, and pain, bloating or discomfort in your lower abdomen (tummy). These symptoms can be signs of infection or other minor problems. However, bowel cancer is more common in older people, so it is a good idea to talk to your doctor as soon as possible if you have symptoms.

The NHS offers free bowel screening every two years to people in Scotland between the ages of 50 and 74. Once you are 50, you should automatically receive a letter about bowel screening and a test kit. The screening test can pick up signs of cancer before you experience any symptoms, making treatment success more likely.

For more information, call the **NHS Scotland bowel screening service** on **0800 0121 833**. You can also search bowel screening on the **NHS Inform** website, **www.nhsinform.scot**. Information is available in a number of languages.

Information about bowel cancer is available from **Bowel Cancer UK**. Visit **www.bowelcanceruk.org.uk** or call the **Age Scotland helpline** on **0800 12 44 222** for help ordering their publications.



Things that can help

If you are having bladder or bowel problems, you should always get advice from a healthcare professional. While you are waiting for an appointment there are some things you can do that might make your problems a little easier to manage. There are also some things we can all do to take care of our bladder and bowel health.

For bladder problems:

- make sure you fully empty your bladder when you pee – sitting for a few minutes, rocking from side to side or standing up and sitting down again can help
- limit the times you pee ‘just in case’ – trying to pee when your bladder is almost empty can make some problems worse in the long run
- for nocturia, which is needing to pee more than twice a night – try drinking less in the few hours before you go to sleep
- cut down on tea, coffee, fizzy drinks or alcohol as these can make bladder symptoms worse
- if you smoke, quitting will reduce your risk of bladder cancer; it is also likely to reduce coughing which can put strain on pelvic floor muscles



For bowel problems:

- to avoid constipation – eat plenty of fibre-rich foods, drink plenty of liquids and move or exercise regularly

See our **Keeping Active in Later Life** guide for ideas on how to stay active. Call the Age Scotland helpline on **0800 12 44 222** or visit **www.age.scot/publications** to order a copy.



For both:

- maintain a healthy weight – this helps to reduce the pressure on your pelvic floor muscles
- if you take any medicines – ask your doctor or pharmacist if the medicines you are taking might be causing or worsening your symptoms
- do pelvic floor exercises – these strengthen the muscles that help us to hold our pee and poo
- for functional incontinence:
 - wear clothes you can easily take down to use the toilet – elasticated waists can be easier than those with zips or buttons
 - ask to have your needs assessed to see if adaptations could help you have fewer accidents, for example a walking aid, grab rails or a commode



It is important to have your needs properly assessed rather than buying what you think might help.

You can have your care needs assessed by your local council, or the NHS if you live in Highland. See the **Support from your local council** section on page 25 for more information.



Getting medical advice

It can feel embarrassing to talk about problems with your bladder or bowel. However, health professionals are used to having conversations about poo and pee and will not be embarrassed or shocked.

Contact your GP surgery as a first step or speak to your district nurse if you have one. Depending on where you live, you might be able to refer yourself to a local bladder and bowel service, or you might need a nurse or GP to make a referral for you.

If you develop symptoms while you are in hospital, your discharge planning team should include these in your discharge care plan. A copy of this should be sent to your GP to make sure you get ongoing treatment and support.

Our **Hospital discharge** guide provides more information. To order a copy, call the **Age Scotland helpline** on **0800 12 44 222** or visit **www.age.scot/publications**.





What will a health professional need to know?

They will need to ask some questions to help them understand the problem. You may be asked to keep a diary of your bladder or bowel problems before your appointment to help you explain what has been happening.

They might need to examine you, and they may ask for a pee or poo sample. For bladder problems, they may want to do tests to see how full your bladder gets before you feel the need to pee.

You may be asked questions about your symptoms, such as:

- when did your problems start?
- do you get an urgent need to pee or poo, and can you get to the toilet in time?
- do you have symptoms such as pain, bleeding or discomfort?
- if you have leaks:
 - how often does it happen and are there any triggers?
 - how much do you leak before you can get to the toilet?
 - can you feel when your bladder or bowel is full?

You may also be asked things like:

- how are you dealing with your problems at the moment?
- what foods do you eat, and how much and what do you drink?
- how many times do you use the toilet each day and night?
- what time do you go to bed and get up in the morning?
- are you taking any medicines, including over-the-counter or herbal medicines?

Other tests may also be needed depending on your symptoms, including scans to check for blockages, or using a camera to see inside you. These kinds of tests will only be needed in some cases.



Treatments for bladder and bowel problems

The treatment you will need will depend on the type of problem you have. What works will also vary from person to person, and sometimes more than one treatment will be needed. Some common treatments are described below.

Pelvic floor exercises

These may help with stress incontinence and urge incontinence by strengthening the muscles around the bladder and bowel. A specialist continence nurse or continence physiotherapist can help you learn how to do these exercises.

Bladder or bowel training

Bladder training involves learning techniques to hold pee for longer so that you gain more control of your bladder and don't need to use the toilet as often. These can work for people with urge incontinence.

The aim of bowel training is to encourage regular bowel movements. It involves identifying a time of day to poo and trying different approaches to stimulate your bowel to empty at this time.

You should only try bladder or bowel training with the advice and support of a healthcare professional.

Medicines

Medicines are available for some types of bladder and bowel problems. Your doctor or pharmacist may have ideas about what medicines might help you. They should talk to you about any side effects there may be so you can decide whether these are right for you.

Surgery

For some people, surgery may be an option if other treatments do not work. Your doctor will talk to you about the benefits and possible risks.

Managing incontinence

Incontinence products

The right products can help to reduce the impact of incontinence on your day-to-day life. This can be helpful while you are waiting for treatment, or if treatments are not currently working for you.

There are many different products available, including:

- disposable pants or pads
- underwear designed to hold disposable pads in place
- products that fit over the penis and collect urine into a bag strapped to the leg
- pads or mats to protect beds or chairs in case of leaks at home

A district nurse or your local NHS incontinence service can advise you on products that might be right for you. You may be entitled to certain incontinence products through the NHS depending on your situation. Only specific products and brands will be available.



Independent advice about continence products is also available from the following organisations:

Disabled Living Foundation:

0300 999 0004 / www.dlf.org.uk

Continence Product Advisor:

www.continenceproductadvisor.org

Bladder & Bowel UK:

0161 214 4591 / www.bbuk.org.uk

Incontinence products can be bought in pharmacies, at supermarkets or online. Prices vary so it is a good idea to shop around. Shops will not charge VAT on incontinence products, but if you are buying online or by mail order you may need to fill out a VAT exemption form.



Speak to a healthcare professional for advice about incontinence before using incontinence products as a permanent solution.

Personal hygiene and comfort

Avoiding smell

The best way to avoid smell is to change and dispose of soiled incontinence pads as soon as possible. Fresh pee should not smell unpleasant unless there is an infection. However, pee might start to smell if exposed to the air for long periods.

Good quality incontinence pads help to absorb some smell from pee. The smell from bowel incontinence is more difficult to hide. Change soiled pads as soon as possible and keep them in an airtight container or sealed bag until you can throw them away. Scented disposal bags and air freshener products can help to hide the smell.

Mop up any spills as quickly as you can and wash soiled clothes or sheets as soon as possible. Keep them in a bucket with a lid if you can't wash them straight away.

Skin care

Wearing incontinence pads or pants regularly can make your skin sore. This can be due to the area being regularly damp due to sweat or leaks.

Washing regularly and drying yourself carefully with a soft towel helps to keep skin healthy. You should also change pads as regularly as you are advised to. A health professional may recommend you use a barrier cream to protect your skin. If your skin becomes broken, tell your district nurse or doctor immediately as this can lead to skin infection.

Some people develop an allergy to something, for example a washing powder or cream, or part of a pad. Soreness can also be caused by a poor fit leading to rubbing. If this happens, stop using the product right away and try something different. You may need to try a few different incontinence products to find the right one for you.



Out and about

Leaving the house can feel very stressful when you are experiencing incontinence. It can be difficult to relax when you are not sure where the nearest toilet is. Using incontinence products can help to ease the worry of having accidents. There are also schemes to improve access to toilet facilities when you are out and about.

Just Can't Wait card

The **Bladder and Bowel Community** offers a free Just Can't Wait toilet card. This states clearly that the holder has a medical condition that means they may need to use a toilet urgently. It is available as a plastic card or as a digital download if you have a smartphone.

The card is widely recognised in many restaurants, shops, cafés and other public venues. In some cases, staff will provide access to toilets not usually available to the general public.

To order a card visit **www.bladderandbowel.org** or call the **Age Scotland helpline** on **0800 12 44 222** for help with a postal order form.

Radar Key

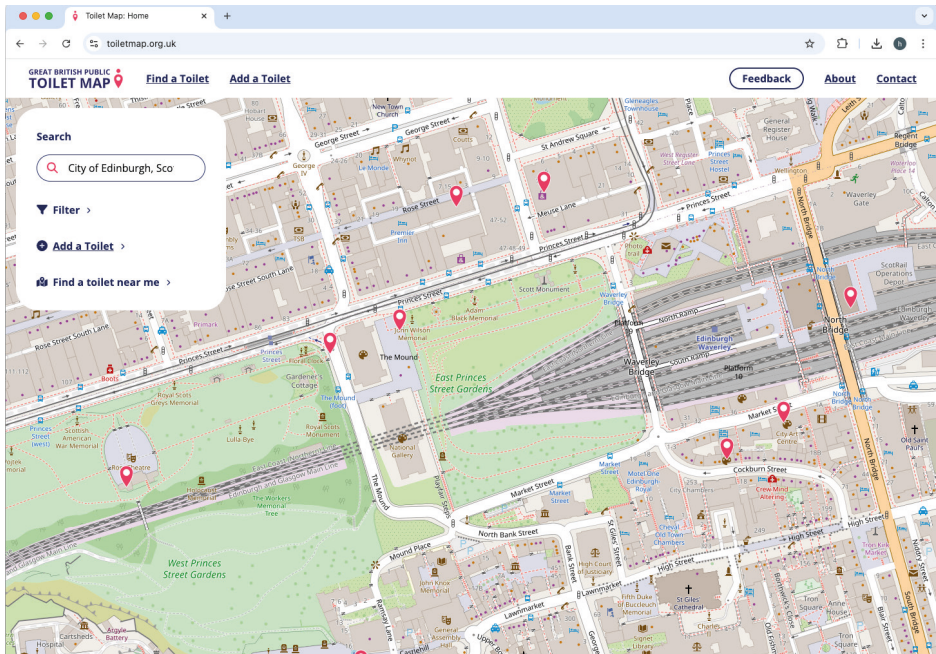
A Radar Key provides access to disabled public toilets that have been fitted with a National Key Scheme (NKS) lock. These toilets are often found in shopping centres, pubs, cafés and railway stations. You can order one through **Disability Rights UK**. Call **020 7250 8181** or visit **shop.disabilityrightsuk.org**.

You can also buy Radar Keys from some local councils. Call **Disability Information Scotland** on **0300 323 996** for more information or visit **www.disabilityscot.org.uk**.



Forward planning

If you are planning a long journey or day out, you might find it reassuring to work out where the nearest toilet facilities are before you leave. The **Great British Public Toilet Map** provides the locations of many of the toilets that are available to the public. Visit **www.toiletmap.org.uk**.



If you are planning a theatre or cinema trip, you could book an aisle seat so you can get out easily if you need to during the performance. For long car journeys, you could take portable urinals or protective mats in case you are unable to find somewhere to stop when you need to.

It is also a good idea to pack a change of clothing and spare incontinence products if you need them. Remember to take sealable boxes or bags to contain soiled incontinence products until you can throw them away.



Dementia and incontinence

Problems with thinking and communication, including dementia, can make some people functionally incontinent. This can be incontinence of either the bladder or bowel, or both. Functional incontinence is when the bladder or bowel is working normally but other factors stop someone being able to get to the toilet in time.

Someone living with dementia may forget to visit the toilet or be unable to tell people when they need to go. They may not notice the feeling of needing the toilet, not remember the way to the toilet, or not recognise it when they get there.

Depending on the reason for incontinence, regular reminders might help, or a sign or picture on the toilet or bathroom door. There may also be certain ways the person behaves when they need to use the toilet that you can look out for.

For more information, see our guides **Creating a dementia enabling home** and **Caring for someone with early stage dementia**. To order copies, call the **Age Scotland helpline** on **0800 12 44 222** or visit **www.age.scot/publications**.

For expert advice about dementia, contact **Alzheimer Scotland** on **0808 808 3000** or visit **www.alzscot.org**.





Support from your local council

If you are having difficulty using the toilet at home, you may be able to get help in the form of adaptations or care at home, depending on what you need. You will need to ask for a care needs assessment from your local council, or the NHS if you live in Highland.

If the assessment finds you need help from a carer, this should be paid for by the council, or the NHS if you live in Highland. This is because help with toileting is classed as personal care, which is provided free of charge to anyone in Scotland who is assessed as needing it.

Items such as handrails in the bathroom, a commode or a walking aid may also be provided if you need them and you meet local eligibility criteria. In some areas there may be a charge for this type of equipment.

Our **Care and support at home** guides – **Assessment and funding** and **Practical help** – explain the care needs assessment process and the type of support you may get. To order copies, call the **Age Scotland helpline** on **0800 12 44 222** or visit **www.age.scot/publications**.





Benefits and social security

If you need care or supervision because of a physical or mental disability or illness, you may be entitled to non-means tested benefits. These are benefits you can claim regardless of your income or savings.

There are different benefits depending on whether you have reached your State Pension Age.



You can check your State Pension Age at **www.gov.uk/state-pension-age** or call the **Age Scotland helpline** on **0800 12 44 222**.

Below State Pension Age: Adult Disability Payment (ADP)

State Pension Age or over: Attendance Allowance (AA) or, from October 2024, Pension Age Disability Payment (PADP)

Attendance Allowance is being replaced by Pension Age Disability Payment (PADP). This is part of the devolution of welfare benefits from the central UK government to Scotland. PADP will be paid for and administered by Social Security Scotland.

You will not necessarily qualify for these benefits because of bladder or bowel problems. However, you may be eligible if you need help with things like getting to and from the toilet, using the toilet, being reminded to go or changing your incontinence pads.

For information and advice about benefits call the **Age Scotland helpline** on **0800 12 44 222**. You can ask our advisers for a benefit check or check your entitlements at **www.age.scot/benefitscalculator**.

You can also ask for copies of our benefit guides **Benefits Maze**, **Attendance Allowance**, **Adult Disability Payment** and **Benefits and Dementia**.





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 publications at **www.age.scot/information**.

Bladder and Bowel UK

Provides information, support and free confidential advice to anyone with bladder and bowel issues and the professionals who support them.

0161 214 4591
www.bbuk.org.uk

Bowel Cancer UK

A support charity for anyone affected by bowel cancer in the UK.

020 7940 1760
www.bowelcanceruk.org.uk

Bladder and Bowel Community

Provides a range of information and resources for people with bladder and bowel problems.

www.bladderandbowel.org

Continence Product Advisor

Website offering independent advice about continence products.

www.continenceproductadvisor.org



Disability information Scotland

Provides information, training and advice on topics related to disability in Scotland.

0300 323 996

www.disabilityscot.org.uk

Disability Rights UK

An organisation led by, run by and working for disabled people. It aims to improve rights, accessibility, benefits and opportunities for disabled people.

www.disabilityrightsuk.org

Living Made Easy

Helps older and disabled people live independently at home and provides advice on equipment such as commodes and urinals.

www.livingmadeeasy.org.uk

NHS Inform

Provides information about health conditions and healthcare treatment available from the NHS.

0800 22 44 88

www.nhsinform.scot

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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**
- 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.

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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 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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