

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 so that they can love later life.

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 can make the most of later life.

Our three strategic aims are to:



Help older people to be as well as they can be



Promote a positive view of ageing and later life



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.

The Age Scotland **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.

For information, advice and friendship



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



Visit [agescotland.org.uk](https://www.agescotland.org.uk)
to find out more.



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What this guide is about

Most of us could benefit from being healthier – and it is never too late to start.

Our bodies were made to move throughout our lives, and getting older does not have to mean an end to being active. Being active does not mean you have to join a gym, it is about finding something that will motivate you to build exercise into your daily routine. Just a few small changes can make a big difference to your physical and mental health.

If you want to be a little healthier but do not know where to start, this guide is for you. It suggests changes you could make to your routine and diet, and explains how they could help you live a longer, more fulfilling life.



Keeping active

Why is being active so important?

Being active can help you to be independent in later life, help to manage the symptoms of long-term health conditions and reduce the risk of falling and injuring yourself. Muscles and bones naturally lose some of their strength from around the age of 30 and this can speed up as you get older, so you need to use them to keep them as strong as they can be.

Physical activity to improve stamina, strength, flexibility and balance can help you stay independent for longer so you can do the things that are important to you. The activities of daily living such as washing your hair, dressing yourself, being able to walk longer distances and climb stairs are crucial to maintaining confidence and independence. Being active can be fun too, and helps get you out and about to meet people and socialise. Good social connections can reduce loneliness and isolation and can help to protect you from the impacts of ageing.

Any activity, however small, will help you to look after yourself and do the things you enjoy for as long as possible.





Keeping active is good for your physical and mental health, it helps you:

- sleep well
- have a good appetite
- stay at a healthy weight
- stay social
- be happy - it releases 'happy hormones' that make you feel good
- strengthen muscles and bones, reducing the risk of falls and fractures
- keep your bowel healthy
- manage high blood pressure and angina (severe chest pain)
- reduce the risk of heart attack, stroke, type 2 diabetes, some cancers and some types of dementia
- prevent some long-term conditions like arthritis from getting worse
- improve your mood and mental wellbeing, and help you deal with stress or anxiety.

Do I need to check with a health professional before I start?

If you are enjoying good health and do not suffer from any heart problems, pains in the chest, joint or bone problems, then it is usually safe to gradually build more activity into your day.

However, always check with a health professional if you have had an illness, have any worries about your health, or if you have been inactive for a long time. They will be able to advise you on the safest way to get started. There may be a local exercise referral scheme that could give you encouragement and support.

If you are worried about a health condition, you could also get in touch with a specialist charity that offers information and support, such as Chest Heart and Stroke Scotland or Parkinson's UK.

Don't sit still

However active you are, one of the best things you can do for your health is to not sit still. Even if you exercise regularly, sitting still for long periods of time is particularly bad for your health so try to stand up and move about regularly. Small changes can make a big difference over time.

If you break up periods of sitting still with gentle activity (walking slowly, doing some dusting around the house, or some light gardening) this can improve your overall health. If you cannot move around easily you should aim to stand up from sitting at least once every hour. If you use a wheelchair some light seated exercises are a great way to break up long periods of sitting still.





Getting moving

If you are daunted by the thought of getting more exercise or find it hard to move about, start small; lots of everyday activities count as exercise and you can build up your activity levels gradually in a way that works for you. Every movement counts, so try and set yourself achievable goals every day, even if it is just a few extra steps here and there.

If you are unwell, are living with a long-term health condition, or have lost some mobility, you might feel you do not have the strength or energy to move around safely. Just do what you feel you can manage. This may be as simple as walking to and from the front door or doing the ironing. The trick is to do what you can, as often as you can. Keep at it and you will start to feel fitter and stronger.

There are exercises you can do while sitting in a chair and they are a great way to improve your flexibility and strength.

If you want to gently increase your everyday activity you could start by:

- getting up and stretching if you have been sitting down for a while, or walking about when you are on the phone
- walking to the shops instead of taking the car or bus
- using the stairs instead of lifts or escalators
- getting off the bus a stop earlier than usual
- choosing a parking space a bit further away from the shops
- doing more housework or gardening.

How much physical activity or exercise should I do?

Try and build some activity into every day. The biggest health gains are seen when someone goes from doing nothing at all to building some activity into every day - so it is never too late to start. Any activity is better than none, and exercising regularly is better still. The recommendations for exercise are at least:

75 minutes of vigorous intensity physical activity a week

Vigorous activity makes you feel quite a bit warmer, you will breathe faster and you will have difficulty talking without pausing.

That's just 15 minutes a day over 5 days a week.

150 minutes of moderate intensity physical activity a week

You will be able to continue a conversation during moderate activity, but you will feel a bit warmer and breathe faster than usual.

That's just 30 minutes a day over 5 days a week.

Build strength, flexibility and challenge your balance

with activities on at least 2 days per week.



What activities could I do?

You are most likely to stick with an activity if you find one that you enjoy, or one you can enjoy with friends. Many activities can be done at a pace to suit you, for example:

- walking
- cycling or swimming
- mowing the lawn
- a type of dancing you enjoy
- chair exercises
- sports like walking football or netball.

Paths for All is a charity that promotes the benefits of being physically active through walking. It supports a network of community health walks throughout Scotland. Free group walks are led by trained volunteers and are accessible to everyone. Joining a walking group is a good way to stay motivated and meet new people. See their website www.pathsforall.org.uk or call them on **01786 641851**.

If you are already fairly active, and want to challenge yourself more, you could try more vigorous forms of exercise, such as:

- walking (too fast to hold a conversation)
- going for a jog or run
- cycling at a fast pace or on a hilly route
- climbing stairs
- swimming at a fast pace
- doing a spin or Zumba class
- playing sports like tennis or squash.

Strength activities for your muscles include exercises that cause your muscles to contract against external resistance. Aerobic exercises, circuits and resistance training are perfect, however carrying heavy shopping bags, lifting weights, digging the garden, bowls and dancing all count.

Being **flexible** allows your muscles and joints to keep mobile. It can help you to be more confident walking, bending down to pick things off the floor, reaching up to cupboards and washing your hair. Examples include exercises that focus on ankle mobility, shoulder mobility, calf and hamstring stretches.

Having good **balance** allows you to do the activities that you can take for granted such as climbing stairs and walking confidently. Some examples of balance challenge activities include standing on one leg, toe walking and heel to toe walking.



Eat well

Most of us know quite a lot about what should be in a healthy diet, but sometimes it is good to be reminded as it's not always easy to keep healthy eating on track.

As part of your balanced diet, try to make sure that your overall diet has the balance of foods on the Eat Well plate.



Fruit and vegetables are good sources of vitamins and fibre; try to eat at least five portions of a variety of fruit and vegetables every day.

Starchy foods such as rice, pasta, bread and potatoes are used for energy and should make up around a third of everything you eat. Try to choose wholegrain or wholemeal varieties such as brown rice wholemeal bread or wholewheat pasta, as these contain more fibre than the white varieties, which helps with digestion.

Dairy foods such as milk, yoghurt and cheese are good sources of protein and are rich in calcium which is important for healthy bones and teeth. You should aim to eat three servings a day but it is best to choose low fat versions such as semi-skimmed milk and low-fat cheese if you are overweight.

Meat, fish and protein alternatives should be eaten with at least two of your daily meals. Protein is important for growth and repair of the body and it also contains important vitamins and minerals such as iron and vitamin B. Vitamin D is essential for our bone and muscle strength and also plays a part in helping our nerves to grow well – see the section **Looking after your bones** for more information about vitamin D.

Oils and spreads are needed in your diet but it is important to be careful about the type of fat you are eating. There are two main types of fat – saturated fat and unsaturated fat. Unsaturated fats are healthier fats that can help reduce cholesterol levels and are found in foods such as olive oil, rapeseed oil and vegetable oil.

Foods high in fat, salt and sugar are not needed in the diet and so should be eaten infrequently and in small amounts.

Foods high in omega 3 fats such as salmon, tuna, walnuts and flaxseed, and foods high in antioxidants such as blueberries and strawberries can boost your brain health and memory.

For more information see Age Scotland's **Eat Well** guide.





Stay hydrated

Dehydration is a particular risk for older people. Severe dehydration can cause drowsiness, confusion, headaches and memory loss.

Try to drink about six to eight glasses of fluids each day (2-3 litres). Water is the best and should be your go-to drink but tea, coffee and low-sugar or sugar-free squash are fine too. In hot weather, drink a little more to stay hydrated. Be particularly careful about your fluid intake if you are taking laxatives or water tablets as your fluid loss may be higher. See Age Scotland's **Hydration** guide for detailed information.

Aim for a healthy weight

It is important to aim for a healthy weight, but that's easier said than done. Being overweight can increase the risk of developing glucose intolerance, Type 2 diabetes and many other chronic health conditions.

Your doctor may advise you to aim for a weight within the healthy body mass index range (BMI) but there are a lot of factors that affect weight. Your GP can help you to identify a sensible target weight.

You can find information about the body mass index from **NHS Inform** at www.nhsinform.scot or call **0800 22 44 88**.

If you want to lose weight the best way to do this to make long-term changes to your diet and exercise levels that result in a steady rate of weight loss. A safe level of weight loss for most people is around 0.5kg to 1kg a week (1lb to 2lb), until a healthy weight is reached. It will help if you can cut down on foods which are high in sugar, fat and salt. Having the support of other people aiming to lose weight can help hugely and keep you motivated. Friends and family can be a good support, but there are groups and online services that can help too; always check that they have NHS approval for their methods of helping you to lose weight.

If you want to gain weight you can make changes which can contribute to healthy weight gain. If you find it difficult to eat three set meals a day, try eating smaller meals and regular snacks. You could try boosting your calorie intake with high energy foods and snacks such as porridge with full fat milk, soups, meats, nuts and milky drinks or puddings. Doing regular exercise could help you feel hungrier and improve your appetite.

Drinking alcohol

Healthy drinking does not mean you can't enjoy a glass of wine or a dram of whisky every now and then – just try to do it in moderation. Drinking too much can damage your liver, brain, blood vessels and increase the risk of some cancers. Alcohol contains a lot of calories too.

You should not regularly drink more than 14 units a week, which is roughly either:

- 6 pints of beer or cider (4% strength)
- 6 medium (175ml) glasses of wine (13% strength)
- 12 small (25ml) glasses of spirits such as gin, whisky or vodka (40% strength)

Having a few alcohol-free days a week and spreading your drinking over the other days (rather than drinking a lot on one day) can help make sure you are not overdoing it.

You should avoid drinking alcohol with certain medicines. Always read leaflets that come with medication and if in doubt, ask your pharmacist.

If you feel you need a drink to help you cope with a difficult situation, have a chat with your doctor or someone you trust. Visit the **Drinkaware** website **www.drinkaware.co.uk** for information about how to drink healthily or if you are worried about your own or someone else's drinking.



Smoking

Even if you have smoked for years, it is never too late to cut down or stop. If you can manage to stop smoking you are likely to:

- be able to breathe more easily
- reduce your risk of developing heart and lung problems (or making them worse)
- reduce your risk of developing dementia
- reduce your risk of smoking-related cancers
- reduce your risk of having a stroke
- reduce your risk of problems with your eyesight
- recover more quickly after an operation
- feel better overall, and live longer.

Most people know that smoking is bad for you but find it difficult to give up. You could start by asking your doctor about local one-to-one or group support or treatment that can help you stop.

Contact **Quit Your Way Scotland** for advice and help; see their website **www.nhsinform.scot/campaigns/quit-your-way-scotland**.

*smoking is the greatest single cause
of illness and premature death in Scotland.*



Healthy teeth, bones and feet

Looking after your teeth

Keep your teeth and gums healthy by brushing twice a day and visiting your dentist regularly for a check-up. Even if you have full dentures, a regular check-up is still important as the shape of your mouth changes over time so they may not fit as well.

Looking after your bones

As you get older your bones tend to get weaker and are more likely to break if you fall.

Your bones largely depend on your genes, but regular physical activity and calcium-rich foods like dairy products, canned fish, leafy greens and nuts can help too.

Vitamin D is important for strong bones and helps the body absorb calcium. In summer most people get the vitamin D they need from being in the sun so, if you can, spend time outside in spring and summer, but do not let your skin redden or burn. During autumn and winter you are unlikely to get enough vitamin D from your diet as it is present in only a small number of foods. It is recommended that all adults in Scotland take a daily Vitamin D supplement during the autumn and winter months



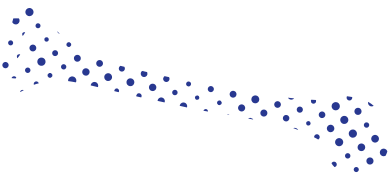


Osteoporosis is a health condition more common in women after the menopause that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a fall or sudden impact causes a bone to break.

You are more at risk of osteoporosis if:

- you have been immobile for a long time
- you have been a smoker or regular drinker
- you have a parent who broke a hip
- you are underweight.

You can find information about osteoporosis from the **National Osteoporosis Society** website **theros.org.uk** or you can call their helpline **0808 800 0035**.



*As you get older your bones
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Caring for your feet

Looking after your feet can have a real impact on your overall health. As you get older, your feet lose some of their natural cushioning and blood flow may decrease. Any blisters or sores can take much longer to heal and could lead to infections.

You should always try to keep an eye on any changes to your feet, especially if you have a long-term condition like arthritis or diabetes. To keep your feet happy:

Do:

- check your feet every day - get to know them well
- wear comfortable, supportive shoes that have a lace or strap fastening, and socks or hosiery made from natural fibres if possible
- wash your feet daily, dry them carefully, particularly between the toes
- apply moisturising cream daily which hydrates the skin, but not between the toes. Pay particular attention to the back of your heels
- file your nails with an emery board or nail file once a week
- contact your health care professional to report any foot problems, particularly if you have diabetes.

Don't:

- wear the same shoes and socks or hosiery every day
- wear slippers all day - keep them for getting up in the morning and going to bed at night

If you find it difficult to cut your toenails contact your local NHS Podiatry service or council for details of toenail cutting services in your local area.

Hearing loss

The causes of hearing loss vary but the most common type is age-related, which is caused by wear and tear to tiny sensory cells known as hair cells in the cochlea (your hearing organ in your inner ear). More than half of people aged over 60, and more than two thirds of people over 70, have some hearing loss.

Age-related hearing loss results in a gradual reduction in your ability to hear, especially high-frequency sounds such as women's or children's voices or birdsong.

Some people also experience tinnitus, which is the sensation of hearing ringing, hissing, buzzing, whistling or humming when there is no external sound.

You or others may be concerned about your hearing if you:

- have problems hearing other people's speech
- need to have words or phrases repeated to you
- struggle to hear people speaking on the telephone
- listen to the TV or radio at a very high volume
- struggle to follow conversations in noisy environments
- start to avoid social interaction

If you think you may need a hearing test, ask your GP to refer you to your local audiology department. Hearing tests (audiometry) last about 20 minutes and the results will be shown on a chart called an audiogram.

Digital hearing aids are available free from the NHS or you may choose to purchase devices from private hearing aid companies. New batteries and other maintenance are free for NHS hearing aids.

For information and advice about hearing loss contact **RNID** through their website **<https://rnid.org.uk>** or call **0808 808 0123**.

Eyesight

Most people will have problems with their eyesight as they grow older, varying from needing stronger lenses in their glasses to sight loss. Age can make you more sensitive to glare, it can take longer to adjust to changes in the light, you may be less able to see contrast between colours, and colours may appear more muted.

Age also increases the risk of conditions including cataract, glaucoma and macular degeneration. Health issues like a stroke or diabetes can also affect your sight.

An optometrist or optician can provide a free annual eye health check for everyone in Scotland over the age of 60. It is important that you have your eyes checked annually, or any time you feel there is a problem with your eyes.

Many eye conditions are treatable and many can be prevented. An eye health check will help to detect any developing eye conditions at an early stage. It will also identify if you need glasses, or whether your current sight prescription is correct.

There are things you can do to look after your eyes:

- protect your eyes from the sun by wearing sunglasses on a sunny day – look for those labelled CE or UV400
- eat a balanced diet and stop smoking if you are a smoker
- adjust the settings on any electronic devices to make the screen as easy to view as possible
- make sure there is a good level of light around the house.

You can find more information about problems with eyesight on the **RNIB** website www.rnib.org.uk or call their helpline on **0303 123 9999**.

Deafblind UK offer support to people who have both sight and hearing loss, they have information on their website <https://deafblind.org.uk> or you can call **0800 132 320**.

Sleep

Sleeping patterns change as you get older, so you may not get as much sleep as you used to. But with the right routines, environment and diet, you should still get enough sleep to be healthy and feel fully rested during the day.

Everyone is different, but it is important to get enough quality sleep so that you can function during the day.

If you feel like you are not getting enough sleep, you could improve your sleeping patterns by:

- being more active throughout the day
- going to bed at the same time each night
- not smoking, eating or drinking alcohol too close to going to bed
- reducing the amount of caffeine you have during the day, perhaps by switching to decaffeinated tea or coffee
- keep television and phones out of the bedroom
- invest in blackout curtains if they help you sleep
- cutting down on any daytime naps.

If you are not asleep after 20 minutes get up and do something like listening to music or reading for 10 minutes and then try again. If you have persistent problems with sleep, your doctor may be able to help you.

The most common cause of interrupted sleep is getting up to go to the loo. Bladder problems are very common as people age, due to changes to the bladder wall and weakening of muscles. Prostate problems are quite common in men. Speak to your GP if you have issues with your bladder and see Age Scotland's information guide **Bladder and bowel problems**.



Mental wellbeing

Good mental health is as important in later life as it is at any other time of life. It influences how you think, feel, interact with others, communicate and cope with life's changes. Age Scotland's mental health guide **Keeping well and who can help** looks at many of the issues around mental health and later life but here are a few things that can help you to stay well:

Make plans and enjoy yourself: when you retire it can be hard to adjust to the lack of routine, but retirement can be a great opportunity to do things you love. Whether you have always fancied doing a course but never had the time, or you want to get your garden in great shape, make the time for yourself.

Be sociable: spending time with family and friends or meeting new people can help you feel less lonely or anxious, and gives you a chance to share experiences, thoughts and ideas.

Stay in touch with the people you care about whenever you can – invite them over or give them a call. You can go online and talk to people you know via video calls or talk to a wide range of people on forums. There is a forum for pretty much anything you are interested in – from fishing, crafts and different TV shows, to your favourite sports – so you will definitely find like-minded people to chat to.

If you are feeling low speak to friends or family about how you feel. This can be difficult if you have not done it before but it is important to share your feelings or ask for help and the sooner you can address problems, the easier they are to manage.

If you have been feeling down for a while you may be experiencing depression. Symptoms include loss of self-confidence, not being able to enjoy the things you usually do and having unexplained aches and pains. If you are experiencing any of these, speak to your doctor and explain how you are feeling, and they can tell you about the many ways you can get help.



The **Mental Health Foundation** has information on a wide range of mental health topics on their website

www.mentalhealth.org.uk/your-mental-health.

The **Scottish Association for Mental Health (SAMH)** can provide you with information about support in your area; see their website

www.samh.org.uk or call their information team on **0344 800 0550**.

If you are feeling very low, **Samaritans** has a helpline that is open 24 hours a day, 365 days a year, for anyone who needs to talk.

Call **116 123** or email **jo@samaritans.org**.

Memory loss

You may notice that you have become more forgetful or confused, struggle to remember things or follow conversations, or get disorientated in familiar places. This can be worrying, but most people experience these things from time to time. They can be symptoms of many common conditions, such as stress, infections, depression, vitamin deficiencies or dementia.

Taking regular exercise is the best thing that you can do for your brain health and it can help to reduce brain shrinkage and memory loss. Brain games can help with your cognitive reserve and improve your thinking, decision making and communication skills. Learning new things such as playing a musical instrument or speaking a new language can improve the areas in the brain that form, store and retrieve memories.

If you are worried about memory loss, talk to your doctor to find out what's causing it. This can either ease your worries or allow you to get the help and support you need.

If you have been diagnosed with dementia, or if you care for someone with dementia, read our information guides **Living with early-stage dementia** and **Caring for someone with dementia**.

Tests and checks to stay healthy

As well as GPs, hospitals, dental and eye treatment, the NHS in Scotland has programmes of screenings and vaccinations to support you to stay well. Keeping up to date with your medical appointments can help to pick up on any problems early, so they are less likely to develop into a bigger problem later on.

For information about programmes and screenings see our guide to **NHS services for older People.**

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Useful organisations

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 or download / order copies from our website at **www.agescotland.org.uk**.

Contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

You can find more detailed information about health issues in Age Scotland's other health related guides including:

HWB1 **Eat Well**

HWB 4 **Mental health, keeping well and who can help**

HWB 7 **NHS services for older people**

HWB 10 **Your Hospital stay**

RNID

Provides advice and support for people who are deaf or hard of hearing through an information line, tinnitus helpline and a range of factsheets.

Tel: **0808 808 0123**

Relay UK (using app or textphone):

dial **18001** followed by **0808 808 0123**

<https://rnid.org.uk>



Alzheimer Scotland

Helpline: **0808 808 3000**
www.alzscot.org

Breathing Space

A confidential telephone line for people experiencing low mood, anxiety or depression.

Tel: **0800 83 85 87**
www.breathingspace.scot

Deafblind Scotland

Tel: **0141 777 6111**
www.dbscotland.org.uk

Drinkaware

An organisation funded by alcohol firms that offers tips on responsible drinking.

Tel: **0300 123 1110**
www.drinkaware.co.uk

National Osteoporosis Society

Information / support on prevention and treatment of osteoporosis.

Tel: **0808 800 0035**
https://theros.org.uk

NHS Inform

Tel: **0800 22 44 88**
www.nhsinform.scot

Quit Your Way Scotland

Advice about stopping smoking

Tel: **0800 84 84 84**

www.nhsinform.scot/campaigns/quit-your-way-scotland

Paths for All

Promotes walking for health in Scotland.

Tel: **01786 641851**

www.pathsforall.org.uk

RNIB

Information and support for blindness and visual impairment.

Tel: **0303 123 9999**

www.rnib.org.uk

Samaritans

Confidential support for people who are despairing or suicidal.
Lines are open 24 hours a day.

Tel: **116 123**

www.samaritans.org

This information has been prepared by Age Scotland and contains general advice only, it should not be relied on as a basis for any decision or action and cannot be used as a substitute for professional advice.

Age Scotland does not accept any liability arising from its use and it is the reader's sole responsibility to ensure any information is up to date and accurate.

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.

How you can help

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

All the information and advice we provide is free and completely impartial and in helping people access their rights and entitlements, it can be life changing.

We are an ageing population and more people than ever are coming to us for support. You can help us be there for those that need us most.



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 **LATERLIFE** to **70085** to donate £5.*



Fundraise

Whether it is having a bake sale, running a marathon or knitting small hats for the Big Knit, 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 Age Scotland to continue being there for vulnerable 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

Let's keep in touch



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 by visiting 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.



[/agescotland](https://www.facebook.com/agescotland)



[@AgeScotland](https://twitter.com/AgeScotland)



[@age_scotland](https://www.instagram.com/age_scotland)



[/AgeScotland](https://www.linkedin.com/company/AgeScotland)

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.

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

Follow us on social media:



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@age_scotland



/AgeScotland



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