

Later Life Newsletter

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No 31 – December 2011

Online Pension Credit toolkit

launched. DWP now offers a free online Pension Credit toolkit for people working with vulnerable older people. The aim of the toolkit is to improve the quality of Pension Credit applications from external partners who complete forms for vulnerable customers. [Read more and access the Pension Credit toolkit](#)

Listening to You: a baseline report from the Campaign to End Loneliness

launched. This new report contains the responses of over 1500 people telling the Campaign what they consider to be important about loneliness in older age. The results were of great interest – for example almost 60% of respondents had older family or friends who required extra help or support and over 43% of people would not know where to turn if they themselves felt lonely. However, it was encouraging that a third of respondents said they would like to do more to help reduce loneliness. [Access the Listening to You website, join the Campaign, and read the report](#)

Action on Hearing Loss (the new name for RNID) publish research report “Unlimited Potential?”

This new report looks at the experiences of people who have lost their hearing whilst of working age and examines the support they received from

their employers and other organisations, and what support they would have liked to have received. [Read the report and access the Action on Hearing Loss website](#)

Dementia Awareness Campaign. The government has launched a campaign to encourage the public to learn the early signs of dementia. The widely reported initiative is designed to help increase early dementia diagnosis and also highlights how the fear of dementia can put people off seeing their GP, which can stop them receiving the medical support that is most effective when started in the early stages of the disease. [Read more about the Dementia Awareness campaign](#)

Mental Health Foundation: how to look after your mental health in later life.

The Mental Health Foundation have launched the latest in their ‘how to’ range of booklets: Getting older and going through retirement presents a significant change in people's lives and during this time it's important to take care of ourselves mentally as well as physically. There's a lot we can do to protect our own mental well-being and this booklet suggests 10 practical ways to do this, as well as providing references for where to get help and advice. [read the report](#)

Money Advice Service Xmas campaign

2011. Handy tips and hints to help you have a great Christmas without breaking the bank. It feels better knowing that you're making the most of your money throughout the festive season. So if you don't want a money headache in the New Year but still want to have a great Christmas, these tips can help. [read more](#) and also [access the online health check](#) to get you on the right track for 2012.

New strategy to deliver homes and strengthen the economy was announced

on 21st November. The Strategy is intended to break the current cycle in which lenders won't lend, builders can't build and buyers can't buy. It also focuses on the needs of older people and includes a deal to improve the quality and choice of housing available for older people, which aims to help them to stay independent for longer. [Read more about the strategy](#)

2012 European Year for Active Ageing & Solidarity between Generations.

Next year will be the 10th Anniversary of the UN Action Plan on Ageing and the EU Year of Active Ageing has been created in response to the demographic challenge all EU member states are facing. [Access the website to find out more and spread the information](#)

BBC Local Radio which serves mainly older people is under review and the BBC Trustees want to hear your views as part of a consultation exercise. [Take part in the consultation](#)

Genealogy – many people enjoy the BBC series Who Do You Think You Are – why not take a look at some guides on discovering your family history and some of the best websites that do that. Follow these links: [How to find family history online](#) and [Family history websites](#)

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Merry Christmas to all our readers