



# OUR FREE GUIDE

Keeping Over 65s Independent



*"Our extra years of life are a gift that we should all be able to enjoy and yet, increasing numbers of us are at risk of missing out. Ageing is inevitable, but how we age is not."*

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*The State of Ageing Report 2019*

Centre for Ageing Better

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# Keeping Over 65s Independent

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Forward from our Partners:

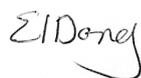
*"In a world where we never quite know what is around the next corner, it has become increasingly important to have conversations about planning for the future, particularly when it comes to our wellbeing.*

*Financial pressures and an ever changing UK healthcare sector means it is important to research the help available to promote independence for Over 65s and ensure they are enabled physically, mentally and emotionally.*

*When I lost my Grandfather, my Grandmother's independence began to slip away from her. Reduced access to transport, limited availability of home help, and her aversion to carers meant she moved into a care home sooner than she should have. I know that it is common place for families to experience this situation. As a Social Enterprise, Adorno Companions are working to keep people independent for longer.*

*We hope you agree with us that a concentration on wellness and overall wellbeing can promote independence and therefore improve the quality of life of Over 65s."*

Signed,



Emma Doney  
**Adorno Companions Partner**





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## 1. Asking for Help

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*"In 2018, 1 in 7 people (1.4 million) aged Over 65 were estimated to be struggling without all the help they needed to carry out at least one essential Activity of Daily Living".*

Age UK, 2019

During tough times we recognise how difficult it can be to look after number one, it's important however to give yourself headspace and ask for the help of others where they are able. This in itself can be hard to know where to start looking but no one should have to cope alone.

We also recommend joining a carer's forum to check in with other care givers in a similar situation to you or confide in a friend. Try not to feel guilty about asking for help. [Carer's UK](#) have a UK wide network of support available. Rest in the knowledge that you are not alone and there are people around you willing to help.

You can also apply for help with funding support through a Carer's Assessment, a Needs Assessment or Attendance Allowance. Attendance Allowance is not means tested and therefore we would encourage you to discuss this with your local authority social care team or to [email the Adorno Companions team](#).



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## 2. Make a Diary

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If you are needing or providing more support than before, you may find it helpful to keep a diary. Keeping a diary is useful for a number of reasons including making yourself aware of quite how much you are doing, how you, or your wider family and support network is being impacted by any change in circumstances, or even to discuss your situation with a health care professional.

Go through your schedule and monitor what help is needed and how you went about getting the help.

Within the diary itself, consider documenting the following:

- What tasks need carrying out and when
- Who is completing the tasks and how much of it can they do
- Your physical limitations
- How do you feel about the support
- Do you need more information about elements of support
- What do you continue to enjoy to do
- What are your current frustrations
- How long do things take to complete
- What makes certain situations easier



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## 3. Look at Options

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There are a lot of options for supporting Over 65s and having an upfront conversation about what is available is important.

It can be easy to stay quiet in order to not upset someone but if you have serious concerns, you should prepare for a conversation about support options available.

This could include home help, moving into independent living accommodation, supported living, a care home or even having a live in carer move in with you. Home help and care providers can often compliment each other well. If a loved one's home is still suitable for their needs and is safe for them to continue to live there, home care and help are popular options to consider.

To evaluate your options, you will first need to request a free Needs Assessment from your local authority. This will assess practical needs, mobility aid requirements, home adaptations, housing options and respite options.

Needs assessments can be organised by:

- Your GP
- Adult social services
- Through your local council website.



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## 4. Evaluate Finances

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There are numerous bodies to advise on later life finances. To find an accredited financial advisor you can trust to advise on later life finance, you can seek help from the Society of Later Life Advisors (SOLLA). SOLLA is a not for profit organisation dedicated to high standards of regulated financial advice and members must adhere to their standards to be a member.

Secondly, Citizen's Advice are a charity providing advice and guidance ranging from work, pensions, housing to benefits. They will also provide guidance on how to apply for any of the following:

- A Needs Assessment
- Attendance Allowance
- A Carer's Assessment

A Needs Assessment is to assess how much help you need with everyday activities and to make sure your loved one can continue to live as independently as possible. Your local authority has a duty to carry out the assessment and allows you to take the lead in providing information on what support is needed and wanted. The assessment can be carried out by an Occupational Therapist, a Social Worker, Nurse or a combination of all three. If someone already helps you or your loved one, this still counts as a need. The Elderly Accommodation Counsel have produced a guide on care options, assessments and cost to understand them better.



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## 5. Power of Attorney

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Setting up a power of attorney might be appropriate if you become too ill to manage your finances. It is a legal document that allows a 'donor' to choose trusted people, or 'Attorneys' to make decisions on their behalf.

More information on types of Power of Attorney from the Chartered Accountants Benevolent Association can be found [here](#). Age UK have also made a brilliant [video](#) on what Power of Attorney means.

To set up a power of attorney you will need to make an account and fill out the appropriate paperwork on the [Government website](#).

There is a fee if you choose to complete the form yourself of £82 (correct 2020), or £164 to cover financial and property affairs as well as health and welfare. You may choose to use a solicitor which is more expensive. Information and advice on choosing a solicitor can be found on money saving expert's [website](#).

It may also be appropriate to review Wills. Advice on [making a will](#) can be gained from Age UK. You will need to have the estate valued, executors chosen and decide how you want to divide the estate or if there will be a donation to charity.

A photograph of a park path with trees and a person in the background. The path is paved and leads through a grassy area with several trees, some of which have autumn-colored leaves. A person wearing a cap is visible in the distance, walking away from the camera. The sky is blue with some light clouds.

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## 6. Home Adaptations

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To achieve a comfortable home, you will need to look at every day tasks that you may take for granted. These could include getting in and out of the house via a step, answering the door safely to a stranger, ensuring lighting is appropriate for what you require as well as the ease of movement around your bathroom, kitchen and living spaces safely.

If you need adjustments making, you can use the [TrustMark tool](#), to access trade people that are endorsed by government. This accompanied by local recommendations from friends and family should allow you to find a trusted person to make home adaptations.

Your [local council](#) should also provide a [free care assessment](#) as well as sometimes providing equipment for free which costs under £1000 such as grab rails, ramps and drop curbs if you require these to remain independent. [More information is available from Age UK here](#). Small changes to your home could make the world of difference to your long term health and comfort.



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## 7. Next Steps

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1. Call us with your requirements for a free no obligation chat with Emma on 07988 700115.
2. Arrange an initial consultation with us. We visit you in the comfort of your own home to discuss the type of help you are looking for further.
3. We aim to match a Companion with your specific long term requirements.
4. A trial period is set up to get to know your Companion.

Our promise to you:

1. We only ever send the same Companion(s).
2. Maintaining independence is our number one priority. We aim to encourage you to complete as much as you would want to yourself, unless an activity is unsafe.
3. Our prices are fair and a reflection of the quality of service you receive.
4. We are fully insured to take part in activities agreed with you.



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## 8. Our Testimonials

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Some of our clients' comments:

*"Please pass on my immense thanks to G. I have no idea what they did in their hour together but my Dad was so happy for the rest of the day. I haven't seen him so animated for many weeks. Confirmation I feel of what a fantastic job the companions do."*

*"Emma and her team first met with mum just after she had lost dad. Emma made sure she matched a companion who had something in common with mum and that she could have a good old chat with. Having our companion has not only given me piece of mind, it's meant I no longer have to worry about mum relying on me for every single little job she needs doing. A companion means we get more quality time together and mum is much happier."*

*"So lucky to have such great companion care available in South Glos and Bristol. Emma and her team are fantastic - they really do care about the people they're providing support for."*

*"Adorno listen to the needs of the client and make sure they do their very best to deliver a top class service with respect, professionalism and always a smile."*