

Publications Catalogue 2008–9



LifeGuides

Practical information and advice, from leading experts, on how to get the best out of mid-life and the years that follow.

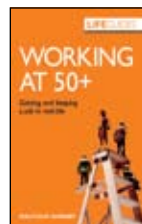
Working at 50+

NEW

Malcolm Hornby

Getting a job after the age of 50 – and staying in employment – are still difficult, despite new laws against age discrimination. *Working at 50+* gives mid-life job-seekers the best chance of success.

£8.99 ISBN 978-1-84598-026-9 216 x 135mm 240 pages 2008



How to Thrive Past 55

NEW

Edited by Deanna Wilson

All the facts, direct from the scientists, about how to age well – often by making simple changes to our lifestyle. Best of all, it tells us that it's never too late to start.

£8.99 ISBN 978-1-84598-029-0 216 x 135mm 192 pages 2008



Making Your Money Work for Your Future

NEW

Paul Lewis

Action taken in mid-life can set us up for a much more comfortable future. The presenter of the BBC's *Money Box* offers great tips on boosting income, cutting costs and coping with crises.

£8.99 ISBN 978-1-84598-028-3 216 x 135mm 240 pages 2008



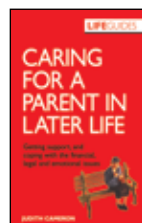
Caring for a Parent in Later Life

NEW

Judith Cameron

When our parents become less able to cope with life and we need to take greater responsibility for them, we need all the help we can get. This guide offers advice on getting support, legal and where-to-live issues, health and social care options.

£8.99 ISBN 978-1-84598-027-6 216 x 135mm 224 pages 2008



LifeGuides can be ordered and paid for online, via www.helptheaged.org.uk, p&p free.

About Help the Aged

Annual Report and Accounts 2008 **NEW**

A review of the Charity's activities and financial results for the past year.

Free 48pp 2008 Available in print and as pdf on website



Impact Report 2007

Presenting the Charity's most significant achievements across the whole of the UK – a useful summary for supporters and beneficiaries.

Free 20pp 2007 Available in print and as pdf on website



Impact Report 2007

Help the Aged in Scotland

Free 16pp 2007 Available in print and as pdf on website



Impact Report 2007

Help the Aged in Northern Ireland

Free 24pp 2007 Available in print and as pdf on website



Impact Report 1986–2007

Help the Aged in Northern Ireland

Commemorating 21 years.

Free 28pp 2007 Available in print and as pdf on website



Impact Report 2007

Help the Aged in Wales

Free 42pp 2007 English/Welsh Available in print and as pdf on website



Age of Discovery: working towards a healthier future

The Help the Aged biomedical research programme Research into Ageing funds research into age-related conditions and disabilities. This publication outlines its work.

Free 36pp 2006 Available in print and as pdf on website



Spotlight Report 2008 **NEW**

Facts and figures on poverty, and coping on a state pension; on isolation, mobility and access to essential services; on quality of life; and ageism within our health and social care systems. Analyses whether things are getting better or worse for our older generation.

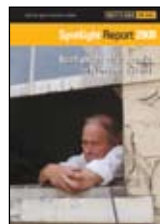
£6.00 ISBN 978-1-84598-034-4 48pp 2008



Spotlight Report 2008 **NEW**

Help the Aged in Northern Ireland

Free 36pp 2008 Available in print and as pdf on website



Age equality and human rights

Growing Older in Wales **NEW**

Age awareness and age equality training programme comprising five training modules plus facilitator's guide.

Private/statutory sectors £375/voluntary sector £150 326pp A4

Heavy-duty ring-binder + CD-ROM English/Welsh 2008

Orders: Help the Aged in Wales, tel. 029 2034 6550



How to Age-proof: a model to assess age discrimination and promote age equality

Accessible reference tool prompting service providers across all sectors and functions to reflect critically upon their current policies and practices and foster improvement in the delivery of services to older people.

Free 18pp 2007 Orders: Help the Aged in Wales, tel. 029 2034 6550

Insurance and Age: exploring behaviour, attitudes and discrimination

Help the Aged and Age Concern

Revealing the discrimination older people face in relation to motor insurance, travel insurance and car hire.

£10.00 ISBN 978-1-903629-47-5 50pp 2007 Free summary available

The Long and Winding Road: towards dignity and equality in old age

Tessa Harding MBE

Reflections on a long fight against age discrimination.

£2.50 ISBN 1-84598-012-3 18pp 2006

Rights at Risk: older people and human rights

Penetrating review showing how entrenched age discrimination casually deprives the older generation of rights that the rest of us take for granted.

Free 26pp 2005 pdf only

Too Old: older people's accounts of discrimination, exclusion and rejection

Research on Age Discrimination Project

Examining everyday age discrimination in shops, hospitals, public places, care homes etc.

£15.00 ISBN 1-84598-020-4 96pp 2007



Worth Fighting For: ten stories of ageism **NEW**

Brief case studies that vividly illustrate why age discrimination in goods and services must be outlawed.

Free 12pp 2008

Citizenship, crime, inclusion and participation

Age-friendly Cities

Help the Aged, World Health Organization, Ipsos/MORI, King's Fund

Influencing change to benefit the lives of older people: London's contribution to the WHO project. See also *What Makes a City Age-friendly?*.

Free 28pp 2007 pdf only

From Disaster to Development **NEW**

The work of Help the Aged and HelpAge International following the 2004 tsunami, with photographs from the online exhibition.

Free 24pp 2008 Available in print and as pdf on website



Forgotten Voices: engaged communities and active citizenship

The benefits for older people of what government calls 'community engagement'.

Free 8pp 2008 pdf only, via website

Keeping on the Move: old age – not the end of the road **NEW**

To stop driving can spell the end of independence for many older people, and all too often the reason is an arbitrary age limit, as this survey report reveals.

Free 21pp 2008 pdf only, via website

Learning for Living **NEW**

Why older people, if they are not to become socially excluded, need life skills – in money management, citizenship, health and ICT.

Free 32pp 2008 pdf only, via website



Local Bus Service and Travel Concessions: experiences and views of older people

Major survey examining older people's experiences and views of public transport and travel concessions in an urban area.

£8.00 ISBN 1-84598-015-8 48pp 2007

London Age and Diversity Directory

Lists 600–700 voluntary groups working with older people from minority communities.

£10.00 ISBN 1-84598-001-8 410pp 2006

Nowhere to Go: public toilet provision in the UK

Older people's views on Britain's ever-dwindling public toilet facilities – a key factor in social isolation.

Free 12pp 2007



On My Doorstep: communities and older people **NEW**

Today's communities are very different from the ones in which the older generation grew up. How can society help older people to adapt?

Free 44pp 2008

Towards Common Ground Manifesto **NEW**

Ten essentials for improving the environment in which older people live.

Free 14pp 2008 pdf only, via website



Travel, Access and Older People: a review of local transport accessibility planning

Review of progress on access and local services for older people.

Free 16pp 2006 pdf only, via website



What Makes a City Age-friendly?

London's contribution to the World Health Organization's Age-friendly Cities Project. See also *Age-friendly Cities*.

Free 28pp 2007

Financial issues

Debt and Older People: how age affects attitudes to borrowing **NEW**

Personal Finance Research Centre

Although people are less likely to borrow as they get older, more and more of us are entering retirement with mortgages still to pay off and other liabilities. This report calls for better financial education and signposting of support.

£30 ISBN 978-1-84598-033-7 70pp 2008



Financial Abuse and Older People: a review from the literature **NEW**

Centre for Policy on Ageing

Financial abuse is the commonest form of abuse, but is little understood, complex, diverse and difficult to detect. This report suggests ways to recognise and prevent it.

Free 36pp 2008 pdf only, via website



Financial Exclusion among Older People **NEW**

Revealing the difficulties older people have with today's high-tech systems of accessing cash. The resulting exclusion can mean that the poorest pay more for goods and services.

£6.00 ISBN 1-84598-015-8 36pp 2007



Losing the Post Office Card Account: how future changes may affect older people

Ending the Post Office Card Account will inconvenience many older people and profoundly affect the future of the post office network.

£2.00 ISBN 1-84598-019-0 16pp 2006



Lost in the Money Maze: how advice agencies and credit unions can help older people cope with today's financial systems **NEW**

The way financial services are accessed today can be challenging for older people. But much can be done to make it easier for them.

Free 20pp 2008 pdf only, via website

Meeting the Challenge: defeating pensioner poverty

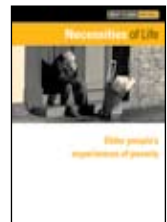
How government could help the millions of pensioners who struggle to make ends meet.

Free 5pp 2007 pdf only, via website

Necessities of Life: older people's experiences of poverty

Through the voices of older people, this report reveals the true impact of low incomes on quality of life. Expectations are low, but still above what the state pension provides for.

£10.00 ISBN 1-84598-013-1 63pp 2006



Health, social care and elder abuse

Bereavement and Loss: a guide for hospital staff (Dignity on the Ward)

A person-centred approach to better support vulnerable older patients and their families.

£1.50 18pp 2007



Best Foot Forward: older people and foot care

Professor Ray Jones, Professor Jackie Campbell et al

One in four people aged over 65 needs podiatric care but is not receiving it, which can lead to long-term mobility problems. This report suggests a way forward.

£5.00 ISBN 1-904528-97-X 44pp 2005

Free summary available in print and as pdf on website

Be Strong, Be Steady

VIDEO

A programme of chair-based and standing exercises for older people with mobility difficulties, to strengthen muscles, increase flexibility and improve balance – and reduce the risk of falls.

£12.00 English plus Cantonese/Punjabi/Bengali editions

Running time 58 minutes 2004/5



The Challenge of Dignity in Care: upholding the rights of the individual

Ros Levenson

What dignity in care means to older people and how to measure it in the context of health and social care.

Free 56pp 2007



Don't Mention the F-word!

Practitioner's guide to communicating falls prevention messages to older people.

Free 4pp 2005 Available in print and as pdf on website

Dying: a guide for hospital staff (Dignity on the Ward)

NEW

Pocket guide to best practice during the approach to death.

£2.00 ISBN 978-1-84598-037-5 20pp 2008



Dying in Older Age

Edited by Tom Owen

Featuring photographs of and articles by older people, this publication calls for higher-quality care and fairer treatment for those approaching the end of life.

£5.00 ISBN 1-904528-94-5 44pp 2005



Encouraging Positive Attitudes to Falls Prevention in Later Life

Professor Lucy Yardley and Professor Chris Todd

This report addresses the psychology of falls and suggests ways to improve take-up of the preventive help on offer.

£7.50 ISBN 1-904528-87-2 56pp 2005 Free summary via website

End-of-life Care

Jane Seymour, Ros Witherspoon, Merryn Gott, Helen Ross, Sheila Payne

Survey of care and environments in which death occurs. Privacy, dignity, respect for personal preferences, comfortable surroundings, good care and adequate pain relief are often lacking.

£14.99 (plus £2.75 p&p) ISBN 13-978-1-86134-761-9 86pp 2005 reprinted 2006

Published by The Policy Press in association with Help the Aged and available from Marston Book Services, tel. 01235 465500 or direct.orders@marston.co.uk

Summary: *Dying in Older Age* (see above)

The Evaporation Effect

Highlighting the hardship suffered by people discharged from hospital whose intermediate care 'evaporates' after a matter of weeks, when the need is clearly for continuing care.

£8.00 ISBN 1-84598-017-4 48pp 2006



Falling Short: the state of our pavements **NEW**

An investigation of the UK's pavements undertaken for National Falls Awareness Day.

Free 14pp 2008



Incontinence and Older People: is there a link to social isolation?

Twenty interviews with older people about the impact of incontinence on the quality of their life, and the coping mechanisms they have had to develop.

Free 69pp 2007

Intermediate Care and Older People: building a case for continuous care

How an integrated service (voluntary sector working with health/social care services) could transform the social rehabilitation of frail older people recovering from illness.

£6.00 ISBN 1-84598-015-8 32pp 2006 Free summary available



Listening to Older People: opening the door for older people to explore end-of-life issues

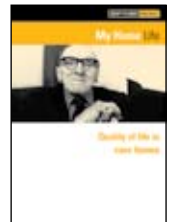
Older people talking, often for the first time, about pre-death care and treatment options, spiritual and emotional needs, coping with bereavement and how to communicate wishes to close family.

£8.00 ISBN 1-84598-004-2 36pp 2006 Available in print and as pdf on website

My Home Life: quality of life in care homes

Personal accounts from residents on the experience of being in a care home, along with a review of practices that help to improve their quality of life.

£10.00 ISBN 1-84598-002-6 80pp 2006 Free pdf summary available via website



My Home Life: quality of life in care homes – a review of the literature

The National Care Homes Research and Development Forum

Research and experiential evidence from stakeholders on practice and other factors impacting upon care-home residents' quality of life.

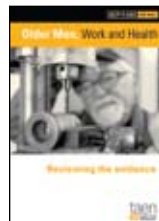
Free pdf via website 186pp 2007

Older Men, Work and Health: reviewing the evidence

NEW

Work plays a central role in the lives and identity of men, and can be good for health. But many suffer work-related ill-health, leading to a miserable old age. This report surveys the data.

Free 36pp 2008



Older Women, Work and Health: reviewing the evidence

Physical and mental issues considered in the context of age and gender as the number of older women in the workforce grows apace.

Free 24pp 2006 pdf via www.taen.org.uk/resources

Pain and Older People: a guide for hospital staff (Dignity on the Ward)

Practical advice for hospital staff.

£2.00 ISBN 978-84598-031-3 18pp 2008



Planning for Choice in End-of-life Care

Exploring options for care and treatment at the end of life, and especially the issue of advance statements, or 'living wills'.

£2.00 ISBN 1-84598-002-6 48pp 2006

Free summary available as pdf on website

Planning for the End of Life

Janet Fricker Foreword by Claire Rayner

Advice for general readers, relatives and carers addressing the emotional, financial and practical issues people face at this stage of life.

£2.50 (previously £5.00) ISBN 1-904528-96-1 36pp 2005

Promoting Dignity in Hospital: a guide for hospital staff (Dignity on the Ward)

Pocket guide for health professionals offering practical advice on best practice.

£1.50 ISBN 1-84598-000-X 8pp 2007



Putting a Stop to the Abuse of Older People

Jacki Pritchard

The harming or mistreating of older people is surprisingly common but is often well hidden. This booklet explains what to look out for and how to help.

Free ISBN 1-904528-98-8 10pp 2006

Step to the Future **VIDEO/DVD**

The aerobic endurance and strength exercises in this video include standing, chair-based and floor exercises, devised for people of 55+ and set to an uplifting musical soundtrack.

£12.00 (DVD also contains options for English subtitles and a Hindi voiceover) Running time 90 minutes 2006



Strength and Balance Exercises for Healthy Ageing

Presented in a convenient, wire-bound flip-over format, these exercises can safely be undertaken by older people at home.

£6.00 ISBN 1-84598-008-5 24pp 2006

Taking Control of Incontinence

How older people cope with this common problem.

Free 14pp 2007

Working with Hospital Patients with Dementia or Confusion: a guide for hospital staff (Dignity on the Ward)

Practical information on caring for patients with dementia and acute confusion on hospital wards, including key dos and don'ts.

£1.00 ISBN 1-84598-005-0 14pp 2001, 2006

Working with Older People from Ethnic Minorities: a guide for hospital staff (Dignity on the Ward)

Advice on the cultural, religious and other sensitivities of which health professionals need to be aware.

£2.00 ISBN 978-1-84598-037-5 24pp 2008

Housing and homelessness

Housing Choice for Older People: a discussion paper

Joe Oldman

Many older people live in poorly heated, sub-standard accommodation. This report looks at their housing needs and the often limited options available.

£10.00 ISBN 1-84598-006-9 62pp 2006 Available in print and as pdf on website

Live Choices: supporting older homeless people to engage in meaningful occupation in the community

Kim Willcock

How homeless and formerly homeless older people of 50+ can develop new interests and social relationships and engage in regular meaningful occupation.

Free 40pp 2006 pdf only, via website

Moving On: the meaning of activity for older homeless people

Kim Willcock

How meaningful activities can help to build the confidence and skills necessary for successful resettlement and re-integration into the community.

Free 38pp 2006 pdf on website



Older People, Decent Homes and Fuel Poverty: an analysis based on the English House Condition Survey

Sue Adams (Care & Repair England) and Kevin White (BRE)

Exposé of the substandard housing conditions in which many older people live, recommending changes in government policy and practice.

£10.00 ISBN 1-904528-99-6 100pp 2006

Directory of Older People's Campaigning Forums in Wales

Speaking Up for Our Age

The second edition of the Directory contains information on older people's forums and other campaigning and discussion groups across Wales to facilitate networking and communication.

£8.00 ISBN 1-84598-018-2

146 pages (English/Welsh) 2007



Senior Citizens' Forums: a voice for older people

Describing the forums' role and how they can interact with community care services, local authorities and voluntary organisations to bring about improvements for older people.

Free 13pp 2005 Also in Welsh/English: ISBN 1-904528-19-8

Speaking Up for Our Age support publications

Conference reports and various newsletters on policy and campaigning are available, together with forum directories and practical guides/toolkits to setting up forums and campaigning.

Voice: a briefing paper on the voice of older people in society

NEW

Analysing how effectively older people are able to make their voices heard, and concluding that perceptions can be misleading.

Free 6pp 2008 pdf only, via website



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Many Help the Aged publications can be downloaded from the Charity's website, www.helptheaged.org.uk

HELP THE AGED is an international charity dedicated to creating a world where older people can live their lives free from poverty, isolation and neglect. Funded by individuals, companies and trusts, it carries out research, campaigns for improvements in policy and practice, provides practical services to help older people stay independent and publishes policy reports, practitioners' guides and advice and information for older people.

Age Concern England (charity number 261794) has merged with Help the Aged (charity number 272786) to form Age UK, a charitable company limited by guarantee and registered in England: registered office address 207–221 Pentonville Road, London, N1 9UZ, company number 6825798, registered charity number 1128267. Age Concern and Help the Aged are brands of Age UK. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI, Age Cymru

Fighting to free disadvantaged older people in the UK and overseas,
WE WILL:

COMBAT POVERTY wherever older people's lives are blighted by lack of money, and cut the number of preventable deaths from hunger, cold and disease

REDUCE ISOLATION so that older people no longer feel confined to their own home, forgotten or cut off from society

CHALLENGE NEGLECT to ensure that older people do not suffer inadequate health and social care, or the threat of abuse

DEFEAT AGEISM to ensure that older people are not ignored or denied the dignity and equality that are theirs by right

PREVENT FUTURE DEPRIVATION by improving prospects for employment, health and well-being so that dependence in later life is reduced

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