



IndependentAge (formerly known as RUKBA) has been offering discreet help to people over 65 for over 140 years. Our aim is to help older people live independently in their own homes for as long as possible. By offering a small, but regular, additional income, along with the support, if required, of a local volunteer, we can make life a little more comfortable for people who are finding their finances stretched to the limit.

As we cannot help everyone, we give priority to those who have helped others. Applicants must be permanently resident in the British Isles and Ireland.

Obviously we have financial criteria, as well. Currently these are:

	<b>Single</b>	<b>Couple</b>
Income not more than:	£8500 per annum (£163 per week)	£14,500 per annum (£279 per week)

Mobility and Disabled Living Allowance, Housing and Council Tax benefits and Attendance Allowance are all disregarded when calculating income.

If successful, single people will receive up to £966 per year (£19 per week) and couples £828 per year (£16 per week) each. Those with savings of less than £3,000 may also receive additional grants on occasions. All this is offered for life, unless there is an appreciable change of circumstances.

We may also be able to help over people over 40 who are permanently unable to work for medical reasons.

As you would expect from such a personal organisation as IndependentAge, every detail is totally confidential and discretion and sensitivity is paramount.

Nationally, we help over 5,200 people financially and have 1100 volunteers standing by to help if requested. In Cumbria we have over 200 beneficiaries and 34 volunteers. Additional volunteers are always welcome, particularly in Carlisle and District.

Should any of our beneficiaries become resident in a nursing home or retirement home we may be able to give a contribution towards the fees.

Our support has absolutely no effect on the receipt of state benefits.

We also offer, free, two information booklets *60 Wise* and *60 Wise at Home* that offer hints and tips that make it easier to remain independent.

If you live in Cumbria and would like to know more telephone 01228 513030, 01434 220544 or if you are outside Cumbria call 020 7605 4200 preferably 9 am – 5 pm.

If in any doubt about qualification **JUST ASK!**

If any reader would like details with a view to financially supporting our work, please write to  
IndependentAge  
6 Avonmore Road  
London  
W14 8RL  
Thank you!