

Growing older?  
Need a helping hand?

**Consider your  
housing and  
care options.**

- Plan early
- Talk to family and friends
- Find out what's available in your area
- Think about what you can afford
- Get help and advice

## Consider your housing and care options

**You may find it difficult to think about growing older and you are not alone, but did you know that the number of pensioners in Wigan Borough is growing fast and more people are living to be over 85 than ever before.**

This is good news but it means more people will need help and support in older age and the numbers of people with disabilities and dementia are likely to increase substantially over the next ten years.

Most people however, put off making decisions about their retirement and are often faced with a crisis and unexpected decisions over where they live and the help they receive. This can lead to unnecessary expense and unhappiness at a time that can already be stressful and upsetting, such as illness or bereavement.

It therefore pays to think about what you want and the options available to you at an early stage, so here are some tips for planning ahead.



## Plan early

Think about what you would like in advance, don't wait until there is a crisis. This will help to make decisions less stressful and could save time and money in the long run. For example a simple adaptation to your home could prevent a fall in future.

## Talk to family and friends

Important decisions, like whether to move to a smaller home, will affect those around you and they may want to be involved. Friends may have gone through similar experiences and can offer advice.

## Find out what's available in your area

There are lots of services that could help – from joining a social group, to arranging a gardening service, to moving into specialist housing – think about what might offer the best solution to the issues you face or anticipate in the future. Information is available from a variety of sources, see the back page for more details.

## Think about what you can afford

Some services are free and others may charge. Before agreeing to anything, think about the cost to you both immediately and in the longer term and how it will be paid for. Also think about any potential costs if you put off getting help or moving home. Check whether you would be eligible for any additional benefits or help with costs.

## Get help and advice

There are many agencies that can provide general information and advice on specific issues. In the first instant you could contact the Council or Wigan and Leigh Housing or an agency such as Age UK, Care and Repair or Pensioners Link.

# Find out more about your options

## General advice and information

Age UK Wigan Borough - 01942 241972

Email: [enquiries@ageukwiganborough.org.uk](mailto:enquiries@ageukwiganborough.org.uk)

Web: [www.ageuk.org.uk/wiganborough/](http://www.ageuk.org.uk/wiganborough/)

## Housing

Wigan and Leigh Housing Property Shops

Wigan – 01942 404128

Leigh – 01942 404091

Email: [propertyshop@walh.co.uk](mailto:propertyshop@walh.co.uk)

Web: [propertyshop.walh.co.uk/](http://propertyshop.walh.co.uk/)

## Repairs, energy efficiency and home maintenance

Care and Repair Wigan Borough

01942 239360

Email: [mail@careandrepair-wigan.org.uk](mailto:mail@careandrepair-wigan.org.uk)

Web: [www.careandrepair-wigan.org.uk](http://www.careandrepair-wigan.org.uk)

## Health and social care

<http://emarketplace.wigan.gov.uk/>

There are lots of other services that may meet your particular needs. You can find out about these from the services listed above.

We can make this information available in other formats on request.

Housing Services, Places Directorate

Wigan Council

PO Box 100

Wigan

WN1 3DS

Tel: 01942 489203

Email: [HousingServices@wigan.gov.uk](mailto:HousingServices@wigan.gov.uk)