



advice and support for older age

**Independent  
Age**

# **Free Friendship Services for the older people you support**



**To learn more about referring  
someone to our Friendship Services,  
visit: [independentage.org/friendship](https://independentage.org/friendship)**

# About our Friendship Services



Independent Age's Friendship Services are designed to reduce loneliness in older people. Our dedicated volunteers offer regular company and conversation to older people, via a regular weekly or fortnightly chat, over the phone or face to face.

Our service is delivered by dedicated volunteers who receive training to understand the many issues older people face. Telephone friendship calls are available across the UK and face to face visits are available in some areas of England, Scotland and Wales.

## Is this service right for the older person I support?

Our friendship services are designed for those most in need.

The points below will help you decide if our service will suit the older person you support:

- Are they an older person who will benefit from our services?
- Do they have a health condition which could prevent them from receiving a regular call or visit?
- Will they be able to remember when a visit or call will take place?
- Are they comfortable receiving a regular call or visit?
- Do they know you are making this referral? Are they happy for Independent Age to contact them?



## How do I contact Independent Age?

To find out more about our Friendship Services, visit our website: **[independentage.org/friendship](http://independentage.org/friendship)** or call **0800 319 6789**.

The aim of our Friendship Service is to reduce feelings of loneliness in older people and, where possible, encourage them to join in local activities. Our service does not provide any form of personal care, respite care, shopping, handyperson or transport services.







## About Independent Age

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility.

A charity founded over 150 years ago, we're independent so you can be.

For more information, visit [www.independentage.org](http://www.independentage.org)

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Regular 21



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