

# Later Life Newsletter

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individuals and organisations

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### **Delay in the implementation of the cap on care costs**

Earlier this year the Department of Health consulted on plans to introduce a cap on lifetime care costs and to extend means tested financial help to more people. In response to concerns from stakeholders, the Government has decided to delay these changes until 2020. This will ensure that everyone is ready to introduce the new system and to look at what more can be done to support people with the costs of care. [read more](#)

**The Local Government Association's "Ageing: The Silver Lining"** report by the LGA Task and Finish Group on Ageing examines the opportunities and challenges that an ageing society presents for local government and local communities over the next 20-30 years. [Summary](#).

**Transport challenges facing an ageing population** ILC-UK and Age UK have produced a Report looking at transport and the key challenges that are arising from an ageing population. Read the report [here](#).

**Live to 100, work till 80, and don't get replaced by a robot** [read article](#)

**The 2021 Census - Initial view on content for England and Wales** The Office for National Statistics is planning the 2021 Census and has launched a public consultation open to everyone. Respond as an individual or on behalf of an organisation and feedback until 27 August. Comment on all suggested topics, or advise about what they've missed. [find out more](#)

**Home adaptations to reduce falls could save £millions** Care & Repair England have launched an evidence paper indicating the potential savings from adapting homes to reduce falls injuries amongst older people. [read the report](#)

**A new factpack '80 at Eighty'** from ILC-UK gives 80 facts about life in your 9th decade. [Report](#).

**Practical projects bring people together in Men's Sheds** Workshop spaces where people can work side by side on personal and community projects are growing fast around the country (two a week in the UK). Men's Sheds are a great opportunity to share and learn new skills, enjoy new achievements and make new friends. Read more [here](#).

**Future of ageing: volunteering, informal care and paid work in later life** reviews evidence in the years leading up to and around state pension age. It examines the relationships between these roles and their effect on wellbeing and health. This evidence review was commissioned as part of the Foresight future of ageing project. Read the report and more information [here](#).

Welcome to [PensionTube](#) - a series of short videos by DWP that cut out all the complicated jargon and equip you with the essential information for your retirement.

**Making the Road Less Rocky: A guide on how to support carers of people with dementia:** a new toolkit from Carers Trust that's aimed at professionals who come into contact with family and friend carers in their work: [read the report](#)

**Carry on caring with a contingency plan** Encourage families and friends to make a Contingency Plan and think about what is important to those being cared for, when they could be vulnerable, read more [here](#).

**Will I inherit mum's Alzheimer's?** Dr Lesley Trenner, an Ageing Parent specialist, answers the question of a woman worried about the risk of her developing Alzheimer's the same way as her mother did [here](#).

**A New Manchester Film** "Researching Age-Friendly Communities" has been produced by the University of Manchester from its Ageing Study research project. Find out more and watch the film [here](#)

**Why Should We Look Forward To Getting Older?** Watch psychologist Laura Carstensen's Ted talk on how people usually become less stressed and more content as they get older, [here](#).

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