

# Later Life Newsletter

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Now reaching over 100,000  
individuals and organisations

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### State Pension top-ups: pensions can be increased by up to £25 a week.

Pensioners and those who reach pension age in the next 2 years will be able to acquire up to £25 of additional State Pension a week under plans set out by the Pensions Minister. The top up will be available from October 2015 to all those reaching State Pension age before 6 April 2016. The scheme will allow people the opportunity to get inflation-proofed additional State Pension by making Class 3A Voluntary National Insurance contributions. [read the Ministerial Statement](#)

**Preventing age-related vision loss** Age Related Macular Degeneration (AMD) is the principal cause of impaired vision in people aged over 65. Fortunately, there are lifestyle and dietary measures which can be taken to help protect and reverse age-related vision loss caused by AMD. [find out more](#)

**The Senior Siren magazine** is the award winning bi-monthly publication of the Senior Citizen Liaison Team (SCLT), providing a crime prevention, victim support and social advocacy service for the older adult community. [read the latest issue](#)

**Tripping & falling is no joke as your bones get frailer in later years** The Royal Society for the Prevention of Accidents used its first-ever Family Safety Week to 'inspire the nation to take practical action to keep older friends and relatives from falling'. RoSPA has produced 2 films to provide guidance: *Facing up to falls* and *How to get up safely after a fall* [read more and watch the films](#)

**New Dementia Friendly Communities video:** watch the new [video](#) produced by Alzheimer's Society's dementia friendly communities' programme. In this film we join Mary as she encounters people in her community, and see how a little bit of time and consideration for people living with dementia can make all the difference to their daily lives.

**Impact of an ageing population on service design and delivery in rural areas** Rural areas face disproportionate challenges arising from an aging population, compared with urban areas, not least as nearly a quarter of all older people live in rural areas, and as they age their requirements for access to services such as Health, Transport, and Social Services are likely to increase. [read the DEFRA report](#)

**Two new guides from the RNIB:** [The retail experience](#) and [The banking experience](#) gives guidance on how to make shopping and financial services accessible for blind and partially sighted people.

**The best - and worst - futures for older people in the UK** is contained in 2030

vision from ILC-UK. This report considers how we can make the future a better place for older people. It looks at key themes including attitudes, money, relationships and health. [Link to report.](#)

**The bane of many people's lives:** [The Nuisance Calls Action Plan](#) sets out the actions being taken by Government, regulators, consumer groups and industry to tackle nuisance calls. It reveals the Government will consult on lowering the legal threshold for when firms can be fined for making nuisance calls.

**Opportunity for care providers to improve their offer to older people with dual sensory loss:** Sense for deafblind people is currently offering an excellent [training package](#) for care providers which will enable them to both identify and better meet the needs of this group. For more information on why identification and training for staff is so important please visit the [Sense website](#) or contact [Nicola.Venus-Balgobin@sense.org.uk](mailto:Nicola.Venus-Balgobin@sense.org.uk).

**RNIB box at the Royal Albert Hall:** if you are blind or partially sighted, you can apply for subsidised tickets at the Royal Albert Hall, and take a sighted friend or guide with you [find out more](#)

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