



We are Age NI

Let's change how we age



www.ageni.org



028 9024 5729

Registered with The Charity Commission for
Northern Ireland NIC104640

Age NI believes every older person should be included and valued. We're working across Northern Ireland to **change** the way we age.



Our specialist, impartial advice helps change older people's worries into answers. And our friendship services change loneliness and isolation into comfort and connection.

This leaflet provides you, your family and friends with some useful information about our services and the help we offer to thousands of older people throughout Northern Ireland.

Advice and advocacy

We offer free, independent, and confidential advice and advocacy on a range of issues, including:

- residential and nursing care
- care at home
- benefits and entitlements
- housing and health

Every year, our advice team identifies **over £1 million** in unclaimed benefits.

The advice line is open from 9am-5pm, Monday-Friday (excluding Bank Holidays).



0808 808 7575



advice@ageni.org



www.ageni.org/advice

Care

Each year we deliver thousands of hours of care, making a real difference to older people in Northern Ireland every day.

Day centres: supporting people to live independently and stay socially connected.

Wellbeing

We have a range of bespoke wellbeing services which aim to help older people stay connected to their communities.

First Connect: practical and emotional support for older people facing difficult times, operating in the Northern and Belfast Trust areas.



Home based care: helping those who wish to remain in their own home, supporting family carers.

Meadowbank residential care home: helping people to live well with dementia.

Shared Lives: carers share their home and community life with an older person.

Staying Sharp: support for those with mild cognitive impairments around Ballymena.

Connect North: social prescribing service in the Northern Trust.

Check in and Chat: a telephone service offering connection and friendship.

www.ageni.org/care 

www.ageni.org/wellbeing 

Policy and engagement

Age NI informs and lobbies local and central government to prepare and plan for our ageing society, ensuring that older people's issues are represented at the highest level.

The Consultative Forum inform, advise and challenge Age NI and others on the issues that matters to older people.



Our priorities are clear. We want to see:

- a health and social care system which delivers best quality care in later life
- a reduction in pensioner poverty
- the rights of older people strengthened to end discrimination when accessing goods, facilities and services

Learn more and get involved:

www.ageni.org/policy



Age sector networks

We work in partnership to support the growth and sustainability of age sector networks across Northern Ireland.

Age NI supports the networks to share information, best practice and learning on key issues to bring about positive change to older people's services, policy and practice.



Find your local age sector network:

www.ageni.org/agesectornetworks



Sign up to our age sector newsletter:

www.ageni.org/signpostexpress

Shops

Our shops are full of quality clothes, homeware and accessories just waiting to be loved again.

Every bag of items donated helps us continue to provide much-needed support and services for older people across Northern Ireland.



We have four shops in Ballymena, Bangor, Coleraine, and Newtownards. Whether shopping or donating, thank you for supporting Age NI!



Visit your local Age NI shop:
www.ageni.org/shops

Products

Age NI independent living products will help you feel safe and comfortable at home or out and about.



Age NI's **personal alarms** service provided by Taking Care gives you the freedom to live independently in the home you love.

www.ageni.org/alarms



Key safes from our partner Supra Key Safes can help you share home access with care providers, emergency services and your loved ones safely and securely.

www.ageni.org/keysafes

We can also recommend mobility aids and bathroom adaptations to support your independence at home.

Explore all our independent living products:

www.ageni.org/products



Age friendly training

Northern Ireland's population and workforce is ageing.

Age NI offer an extensive range of age friendly training to support businesses and older adults to adapt and thrive, including:

- Career support
- Financial wellbeing
- Health and wellbeing
- Age friendly customer services
- Cyber safety workshops
- Virtual reality dementia (VRD)

"Age NI's training gave me the confidence and understanding that my age is NOT a barrier to employment."

-Career support participant

Learn more and
contact our team:

www.ageni.org/training



Volunteer

Our volunteers play a vital role in helping us to support older people when they need us most.

Sparing just a few hours whenever suits you, or becoming a regular volunteer, can make a huge difference.



From making weekly friendship calls to helping out in your local charity shop or day centre, all our volunteers play a crucial part in supporting older people across Northern Ireland.

Find the right
volunteer role for you:

www.ageni.org/volunteer





Together, we make a difference

By donating, campaigning and volunteering, you'll help **change** older people's lives – now and in the future.

Subscribe to our newsletter for monthly updates from Age NI:



www.ageni.org/newsletter

Set up a regular donation:

www.ageni.org/donate

Organise a fundraiser:

www.ageni.org/fundraise

Remember Age NI in your will:

www.ageni.org/wills

Become a corporate partner:

www.ageni.org/partnerships

Contact **028 9024 5729** or
fundraising@ageni.org for
more information.

www.ageni.org

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