

## **Our needs are changing as we get older**



## **Older Families of People with Learning Disabilities**

**As you grow older together there  
may be many things that become  
more difficult. You may also have  
worries about the future but you may  
not know where to turn for support  
or information.**

There are three dedicated telephone helplines that can provide support and information to family carers, people with learning disabilities and anyone else who is concerned.

For confidential advice, information and support, any of the organisations below can be contacted.

### **Help the Aged**

Help the Aged publishes a wide range of information sheets and reports that can point you in the right direction on housing choices, budget advice, pensions and benefit entitlements.

Freephone Senior Line: 0808 800 6565  
(open Mon - Fri 9am - 4pm)  
Email: [info@helptheaged.org.uk](mailto:info@helptheaged.org.uk)

## **Respond Elders Project**

The Respond Elder's Project offers advice, information and support. Helpline workers provide support to older families of adults with learning disabilities as they start to think about the future. Our freephone helpline can be used for one off enquiries or can provide regular counselling support where needed.

The helpline is open Thursdays & Fridays

The number is 020 7380 8256

Email: [michelle.brooks@respond.org.uk](mailto:michelle.brooks@respond.org.uk)

## **Down's Syndrome Association**

The Down's Syndrome Association provides information and support for people with Down's syndrome, their families and carers, as well as being a resource for interested professionals.

We strive to improve knowledge of the condition.

We champion the rights of people with Down's syndrome.

Helpline: 0845 230 0372

(open Mon - Fri 10am - 4pm)

Email: [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

If you would like to be kept informed of events or information connected to this subject please write to us at:

Information Team  
Down's Syndrome Association  
FREEPOST NAT13662  
Teddington  
TW11 9BR

\*you don't need to put a stamp on it - it's free\*

please make sure that you clearly write your:

title  
first name and surname  
address  
post code  
phone number  
email address if you have one