

## Some websites to help you find out more about planning for growing older or planning for end of life

SpeakEasy NOW and St Richard's Hospice have included organisations that helped us with our Growing Older and End of Life event. There are many other services to choose from that we have not included. We cannot recommend which provider will be the best for you. You should do your own research when making any decisions or choosing services.

	<p>Read our White Paper on Growing Older and End of Life and then take a look at the rest of our site to see how self-advocacy can help you!</p> <p><a href="http://www.speakeasynow.org.uk/our-work/peoples-parliament/">http://www.speakeasynow.org.uk/our-work/peoples-parliament/</a></p>
 <p>St. Richard's Hospice</p> <p>CARING FOR LIFE</p> <p><small>Registered charity no. 515668</small></p>	<p>Find out more about what the hospice offers and how you can help</p> <p><a href="https://www.strichards.org.uk/">https://www.strichards.org.uk/</a></p>
 <p>WORCESTERSHIRE ASSOCIATION OF CARERS</p>	<p>Worcestershire Association of Carers</p> <p><a href="https://www.carersworcs.org.uk">https://www.carersworcs.org.uk</a></p> <p>0300 012 4272</p> <p>Helpline is open from 9am until 7pm Monday to Friday and 9am until 12 noon on Saturday</p>
 <p>WORCESTERSHIRE county council</p>	<p>Information about the services in Worcestershire that can help you stay healthy and get the support you need</p> <p><a href="http://www.worcestershire.gov.uk/advicecarehealthandsupport">http://www.worcestershire.gov.uk/advicecarehealthandsupport</a></p>

## Information about staying safe, healthy and well as you get older



A page with lots of information, some is in Easy Read, some is written for carers  
<http://www.bild.org.uk/about-bild/ourwork/ageing-well/>



People growing older with learning disabilities – Our advice about good support  
<https://www.nice.org.uk/guidance/ng96/resources/care-and-support-of-people-growing-older-with-learning-disabilities-easyread-version-pdf-4791950894>



Leaflets from MacIntyre's Dementia Project  
<https://www.macintyrecharity.org/our-expertise/dementia/dementia-resources/>








Age UK Herefordshire and Worcestershire  
<https://www.ageuk.org.uk/herfordshireandworcestershire/>



Fortis Living offer social housing, community activities, health and wellbeing projects and digital inclusion services.  
<https://www.fortisliving.com/>



Hereford and Worcester Fire and Rescue Service offer lots of support and information about keeping safe at home, including Safe and Well Checks.  
<https://www.hwfire.org.uk/>

	<p>Mencap's Treat Me Well Campaign aims to improve the way that people with learning disabilities are cared for in hospital.</p> <p><a href="https://www.mencap.org.uk/get-involved/campaign-mencap/current-campaigns/treat-me-well">https://www.mencap.org.uk/get-involved/campaign-mencap/current-campaigns/treat-me-well</a></p>
	<p>NEW Lifeline (Redditch Borough Council) Community alarm service for vulnerable people in Redditch.</p> <p><a href="https://www.redditchbc.gov.uk/living/support-at-home/new-lifeline.aspx">https://www.redditchbc.gov.uk/living/support-at-home/new-lifeline.aspx</a></p>
	<p>Care and Repair Worcestershire is a not for profit organisation offering repair and adaptations for homeowners and tenants.</p> <p><a href="https://www.crwhome.co.uk/">https://www.crwhome.co.uk/</a></p>
	<p>Droitwich CVS Community Transport</p> <p><a href="http://www.droitwichcvs.co.uk/?page_id=17">http://www.droitwichcvs.co.uk/?page_id=17</a></p>
	<p>Civicare Central Ltd are a care provider based in Droitwich</p> <p><a href="https://civicare.co.uk/civicare-central/">https://civicare.co.uk/civicare-central/</a></p>

Information about dying	
	<p>Leaflets about dying</p> <p><a href="http://easyhealth.org.uk/health-leaflets/dying-leaflets">http://easyhealth.org.uk/health-leaflets/dying-leaflets</a></p>
 <p>PCPLD Network Palliative Care for People with Learning Disabilities</p>	<p>Lots of links to information about dying, some is in Easy Read, some is written for carers and professionals.</p> <p><a href="https://www.pcpld.org/links-and-resources/">https://www.pcpld.org/links-and-resources/</a></p>
	<p>A group of people in Worcestershire who celebrate life and talk about the reality of death.</p> <p><a href="https://www.facebook.com/beforeidieworc">https://www.facebook.com/beforeidieworc</a></p>
	<p>Primrose Hospice</p> <p><a href="https://primrosehospice.org/">https://primrosehospice.org/</a></p>
	<p>An independent funeral director in Kidderminster.</p> <p><a href="https://www.attwoodfunerals.co.uk/">https://www.attwoodfunerals.co.uk/</a></p>
	<p>Kemp Hospice</p> <p><a href="https://www.kemphospice.org.uk/">https://www.kemphospice.org.uk/</a></p>
	<p>Find a Hospice service at Hospice UK</p> <p><a href="https://www.hospiceuk.org/about-hospice-care/find-a-hospice">https://www.hospiceuk.org/about-hospice-care/find-a-hospice</a></p>
	<p>George Crump &amp; Son Funeral Directors</p> <p><a href="http://www.georgecrump.co.uk/">http://www.georgecrump.co.uk/</a></p>

## Information for people who have a life-limiting illness



Macmillan Citizen's Advice offer information for people who have cancer and their families.

<https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice-partnerships/cancer-support-service/>

## Legal help, advice and information



A law firm who very kindly helped us with information for our Growing Older and End of Life event.

<https://www.mfgsolicitors.com/>



Worcestershire Advice Network

<https://cabwhabac.org.uk/>



The Law Society has a 'Find a Solicitor' database where you can search for a solicitor near you.

<https://solicitors.lawsociety.org.uk/>

Tools to help you make plans	
	<p>Safe and Secure – Includes worksheets to help you and your family plan for the future. You can send off for a free book.  <a href="https://www.thera.co.uk/projects/safe-and-secure/">https://www.thera.co.uk/projects/safe-and-secure/</a></p>
	<p>One page profiles – Includes examples and templates of how to write your own.  <a href="http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/">http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/</a></p>
	<p>Sense's When I'm Gone campaign aims to ensure that families plan ahead for the wellbeing of disabled people after their main carer passes away.  <a href="https://www.sense.org.uk/support-us/campaign/when-im-gone/">https://www.sense.org.uk/support-us/campaign/when-im-gone/</a></p>
Help for carers	
	<p>Worcestershire Association of Carers  <a href="https://www.carersworcs.org.uk">https://www.carersworcs.org.uk</a>  0300 012 4272  Helpline is open from 9am until 7pm  Monday to Friday and 9am until 12 noon  on Saturday</p>
	<p><a href="https://www.carersuk.org">https://www.carersuk.org</a>  020 7378 4999</p>
	<p><a href="https://carers.org">https://carers.org</a>  0300 772 9600</p>