

# Connecting older people



## Home is important.

It is the place we spend most time and can make all the difference to being able to live independently and well.

As we get older our home may not suit us as well as it used to. Using stairs or the bath can become a challenge. Illness or bereavement may prompt us to consider moving.

Talking to someone who has faced a similar situation can help. Knowing about possible options, such as adaptations or alternative housing, can enable us to make an informed decision.

*This is why we set up Silverlinks ...*

## What does Silverlinks do?

It aims to enable older people who are facing life changing choices about their homes and living situations to make well informed decisions. It does this mainly by:

- Connecting older people facing times of housing change or crisis with older volunteers who have already faced and dealt with a similar situation, such as having repairs or adaptations carried out, or considering moving home.
- Pioneering ways to spread information about later life housing and care options so that more older people can plan for the future and make their own, well-informed decisions about their living situations.

## Who is it for?

Any older person who is wondering how they are going to be able to manage in their current home can speak to a Silverlinks volunteer. All have personal experience of working through housing dilemmas.

People who are retired or approaching retirement can take part in a 'Housing & Care Options' workshop, download self-training information or attend a local talk.

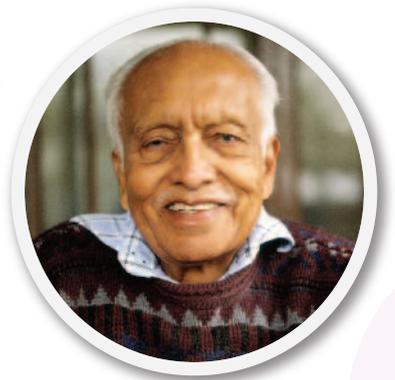
## What does it cost?

Nothing.

Speaking to a volunteer is free. They can visit someone at home, speak to them on the phone or meet in a mutually convenient location such as a local café.

The volunteers are able to signpost people to local housing and care services, such as those run by local Care & Repairs or Age UK, for practical help where needed. Depending on the service (eg having adaptations or repairs) and the circumstances, some costs may have to be met by the person.

Workshops and information materials are also free.



## Workshops/training sessions

We also offer workshops and training packages for older people, available as downloadable self-training modules or as a flexible package for delivering locally to groups of older people.



### ● Pass it on

This workshop focuses on housing, care and related finance in later life and provides information for older people to take away and share with friends and family.

### ● Thinking ahead

This workshop is primarily aimed at newly and early retired people or those coming up to retirement, preparing them for thinking ahead about their future housing, care and related finance.

### ● Group talks

In some locations, volunteers visit groups to give shorter versions of these workshops and talk about their own experiences of moving or staying put in later life.

## How can I get involved?

We would like to hear from you if your organisation is interested in delivering any aspect of Silverlinks.

If you are interested in setting up a local Silverlinks peer support project, we can help your organisation to do this and provide you with our downloadable toolkit. Please contact Programme Manager Sarah Vernau at [sarahvernau@careandrepair-england.org.uk](mailto:sarahvernau@careandrepair-england.org.uk) or 0115 950 6500

### **We can offer training & workshop packages.**

Please contact Silverlinks Training and Information Development Coordinator Vicki Jones at [vickijones@careandrepair-england.org.uk](mailto:vickijones@careandrepair-england.org.uk) or 0115 950 6500.

**“We all need  
a bit of help and  
don’t always know  
where to go for things.  
I found it more  
comfortable to talk  
to someone of a  
similar age.”**



Silverlinks projects are being run in partnership with organisations such as Care & Repairs and Age UKs in several locations around England.

Older People's Groups and organisations are running and planning a range of housing options workshops and events in many other parts of England.

**For full details about local projects, activities and contact details follow our blog: [www.silverlinksprogramme.wordpress.com](http://www.silverlinksprogramme.wordpress.com).**

**Follow us on Twitter @\_Silverlinks**

Care & Repair England is an independent charitable organisation set up in 1986 to improve older people's housing. It innovates, develops, promotes and supports practical housing initiatives and policies which enable older people to live independently in their own homes for as long as they wish.

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