

Care checklist

With advancing years comes the need for a specialist range of products and services for us to continue to live happy, fulfilled lives. This range of ideas can help you plan for the future – whether for yourself or a senior relative

Will you leave the gift of a Marie Curie Nurse like Lynne or Bindi in your Will?



IF YOU'VE LOST A LOVED ONE to a terminal illness, you know how important it is for people to spend their last days at home, surrounded by the people they love. That's why a gift left to Marie Curie in your Will, is a gift given with love.

Marie Curie offers free nursing care to people with all terminal illnesses across the UK, as well as support for family and friends. Marie Curie's nurses generally provide one-to-one nursing care and support overnight in your home, usually for eight or nine hours. In some areas, they also offer care for a shorter period of time, or during the evening or daytime, as well as care at very short notice in a crisis.

Nurse Lynne says: *"I have been a Marie Curie Nurse for 13 years. There have been some sad moments, of course, but lots of laughter too. I've met so many wonderful characters.*

I always remember one gentleman I cared for. His wife didn't want to leave his bedside for a moment but she was completely exhausted. I took

over her husband's care and spoke to her gently to help ease her fears.

Before I left, she turned to me to say, "His last wish is to stay at home and I was scared I couldn't cope. Then you arrived. You gave me strength and you gave him peace. I can't thank you enough."

Marie Curie provides nursing care in partnership with the NHS. They work in most parts of the UK, but the exact service they provide in each area varies according to what support the local NHS trust has decided it needs from Marie Curie.

You can find out more about the care and support we offer in your area, and how to get a Marie Curie



Nurse, by talking to your district nurse or GP. With the UK's ageing population, gifts left in people's Wills could help nurses like me to be there to care for everyone who needs us, far into the future.

Please call 0800 716 146 or search Marie Curie Gifts in Wills to get your free guide.



Regenovex your body!

A DAILY SUPPLEMENT LIKE Regenovex Actiflex one-a-day capsules (also available as topical gel) can provide an easy way to top up on key nutrients. It is ideal for supporting those with active lives, sporting lives and those in their golden years. The gel cools and soothes and is ideal for massaging joints including knee, hip, foot, ankle, back, neck, shoulder, elbow, wrist and finger.

REGENOVEX

Find out how Regenovex can help you at regenovex.co.uk

97% of people want to stay in their own home in later life

HOME COMES FIRST. The days are gone where your loved one has to settle for a care home. With Elder live-in care, they get all the help they need but keep control, dignity and independence over their own life, in their own home.

At Elder, a dedicated home care professional moves in to help with everything from personal care to household tasks. Elder works with a broad range of amazing professionals, who have experience caring for a range of conditions and circumstances such as dementia, Parkinson's disease, stroke recovery,



hospital discharge and much more. Our status means, rather than employ the carers we work with, your carer will be self-employed, carefully selected from the Elder network of care professionals.

The result is you're more closely involved, managing the care on a day-to-day basis.

Care at home isn't just a nice idea, it's linked to an increasing array of better health outcomes and can reduce stress and disruption.

Those we work with come from all walks of life. Want to meet more of the professionals we work with? Read carer stories on Elder's website. Of course, if there's ever an issue, all you have to do is call us.

To speak to one of Elder's care advisors, please visit elder.org or call 0333 3403453



Feel safe on your stairs with an Acorn Stairlift

FEEL SAFE ON YOUR STAIRS and enjoy the full use of your home once again. An Acorn Stairlift gives you a safe, comfortable and simple way to get up and down your stairs.

Acorn Stairlifts will help you master 'the three Rs': Regain your independence, Retain full use of your home, and Remain in the home you love. Installing an Acorn Stairlift turns your home into a bungalow, by removing the obstacle of stairs if they become too challenging.

Tailor-made to suit your individual home and lifestyle, we can fit an Acorn Stairlift to all types of staircase, and what's more, we can do so

within a matter of days rather than weeks.

Whatever type of staircase you have in your home, straight or curved, Acorn can provide the perfect solution for your needs.



Call us now on 0800 016 9176 or visit acornstairlifts.co.uk for your free brochure and quotation.

A care seeker's guide to the galaxy

SEARCHING FOR A GOOD CARE HOME can be like trying to find stardust, but by leveraging our experience as a high-quality care provider, we've developed a checklist to help with turning an alien industry into something far more terrestrial.

Is there community access and participation? Often representative of the home's commitment

to providing activities, which are so meaningful for residents.

Is there a feedback culture? Nobody's perfect, but it's essential for any care home to take feedback and act on it in order to provide the best care possible.

Is there strong management? One of the factors assessed by the CQC is 'is the service well led?'

The home management should be visible and available to the residents and family throughout their journey.

Do the staff have caring hearts? Technical knowledge is important, yet the best carers aren't always those with lots of qualifications – passionate caring personalities are vital.



For more information visit ahcg.co.uk or call 01704 535353 to find a care home near you.



The microscopic implant for glaucoma

GLAUCOMA CAN LEAD TO SIGHT LOSS – even blindness – if it's not diagnosed and treated early. Around half a million people in the UK are currently diagnosed with glaucoma. A serious, progressive eye disease, glaucoma usually occurs when the optic nerve is damaged by an increase in pressure of the fluid in the eye when that fluid can't drain away properly.

The most common treatment is prescription eye drops. Eye drops will need to be applied up to three times a day, every day, so compliance can become an issue.

But there is an alternative: trabecular micro-bypass surgery. It involves implanting two tiny 0.36mm iStent inject® devices into the eye and can be carried out at the same time as cataract surgery, or during a separate procedure usually under local anaesthetic by an ophthalmologist.

An international study has shown 72% of patients who were treated with iStent inject® no



longer need to take eye drops after 12 months.

iStent inject® is not only the world's smallest medical implant known to be implanted in the human body – it's also part of a revolution in glaucoma treatment.



For more details, visit glaukos.com/en-uk



If we don't, who will?

YOU AND I KNOW WHAT it's like to try and navigate the healthcare system to get the help we need. We've lived through the anger and frustration. And we don't want other families to have to face it alone.

Rethink Mental Illness help stop people with mental illness falling through the gaps in the system. We improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Rethink Mental Illness's goal is to make sure everyone affected by severe mental illness has a good quality of life.

Driven by people with personal experience

of mental illness, they campaign nationally and locally to push mental health up the public agenda and change government policy for the better. Join the movement of passionate campaigners and help make sure that everyone has access to high quality health care, no matter where they live or what their personal circumstances are.

For nearly 50 years, Rethink Mental Illness has supported thousands of people every year to get through crises, live independently and ensure they don't face mental illness alone. Their network of 140 peer support groups offer a listening ear, practical help and social support; as well as 200 plus services include everything from supported housing, one-to-one help for carers, to group activities for people leaving hospital.

Rethink Mental Illness have a much larger vision too – to transform at every level the way our nation approaches mental illness. Every year, their diverse range of information and support helps tens of thousands of people.



If you'd like a little more information first, visit rethink.org/wewill to request a free guide or call Dan Walshe on 020 7840 3032.



Insurance cover gives peace of mind for both you and your furry companion

WE WANT THE BEST FOR OUR PETS. They show us unwavering devotion and bring smiles to our faces, even at the toughest of times. In return, we do everything we can to ensure they live their best life.

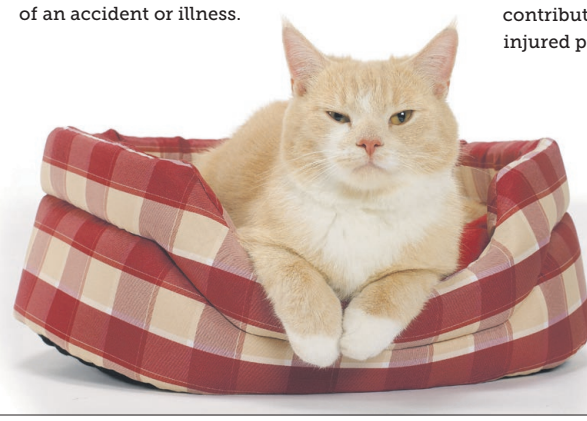
But accidents can happen and pet insurance can make a real difference. You can focus on helping your pet get better, rather than worrying about veterinary bills.

The different types of policies on the market can be confusing, so carefully compare them for their level of cover and read the terms and conditions to check which meet your needs. Generally, a cheaper policy provides less cover.

A higher-star Defaqto rating (out of five) means the policy has scored better for its features and benefits. Five star-rated Defaqto policies are some of the most comprehensive on the market, meaning greater cover in the event of an accident or illness.

Petsurance from PDSA offers a choice of market-leading cover levels, including two five-star Defaqto-rated policies, giving you peace of mind that your pet is protected for whatever happens next. Every policy sold gives access to a 24/7 advice helpline and you can pay monthly at no extra cost (0% APR).

Buying a Petsurance from PDSA policy also contributes to the charity's work, caring for sick and injured pets across the UK.



Checklist readers can get 10% off when buying Petsurance from PDSA by quoting PDSA10 at pdsa.org.uk/psda10

PETSURANCE
from pdsa

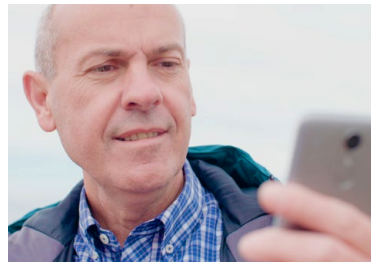
10% discount applies on first year only. Minimum premiums apply. £50.53 for cats and £66.35 for dogs. Excludes Accident-Only policies.

Take control of your pension savings with an online plan

IF YOU'RE NEARING RETIREMENT, it's more important than ever to check your pension balances regularly and ensure you're on track to achieve the retirement you want. If you're struggling to find out how much money you've built up over your career, PensionBee can help. We'll piece together your employment history to find any old workplace or private pensions you've lost track of and bring them

together, all under one roof.

Combining your old pensions into a simple online plan, with one clear balance and one fair fee, will put you back in control of your pension savings. You'll be able to view your live pension balance, see your projected retirement income and contribute



Take action: don't lose sight of your retirement dreams

MACULAR DISEASE IS CRUEL and isolating. It steals your sight, your independence, and the ability to do the things you love. It is the biggest cause of sight loss in the UK. It can affect people at any age, though more commonly after the age of 55.

What is the macula? The macula is part of the retina at the back of the eye. It is only about 5mm across but is responsible for all of our central vision, most of our colour vision and the fine detail of what we see. The macula has a very high concentration of photoreceptor cells that detect light and send signals to the brain, which interprets them as images. Macular disease causes loss of central vision.



Sandie, 68, was concentrating on her retirement, looking forward to playing golf and spending more time with her family, until she was diagnosed with macular disease at a routine eye test. *"It was a total shock. I'd had no symptoms. I didn't know anything about it."*

There is currently no cure, but there are things you can do to look after your eyes and prevent it getting worse. The earlier it's detected, the more that can be done. The Macular Society's FREE Eye Health Kit includes practical tips to protect your sight, a self-check tool to monitor your vision at home, and a free eye test voucher.

Order your free Eye Health Kit today at macularsociety.org/eyehealth or call 01264 350551 for more information.

Macular Society
Beating Macular Disease

or take money out, from the age of 55, in just a few clicks. Remember, pensions are an investment – your balance can go up and down, and your capital is at risk.

Visit pensionbee.com or call 020 3457 8444 for more details.

PensionBee

