# Elderly Care

# Age UK

# [www.ageconcern.org.uk](http://www.ageconcern.org.uk/)

**Care services in your home**

<http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/home-care.aspx>

**Caring for older relatives**

<http://www.nhs.uk/Livewell/Disability/Pages/Olderrelative.aspx>

**Safe, compassionate care for frail older people using an integrated care pathway:**

[**https://www.england.nhs.uk/wp-content/uploads/2014/02/safe-comp-care.pdf**](https://www.england.nhs.uk/wp-content/uploads/2014/02/safe-comp-care.pdf)

**Are you at risk of a fall? The timed get up and go test**

<http://www.nhs.uk/Video/Pages/timed-get-up-and-go-test.aspx?searchtype=Tag&searchterm=Older+people&>

**Staying active over 60**

<http://www.nhs.uk/Video/Pages/Stayingactiveover60.aspx?searchtype=Tag&searchterm=Older+people&>

**NHS Continuing Healthcare**

<http://caretobedifferent.co.uk/paying-care-home-fees/nhs-continuing-healthcare/>

**Making the Move to Assisted Living**

<http://www.helpguide.org/articles/senior-housing/assisted-living-facilities.htm>

**Moving Tips for Seniors**

[www.yourstoragefinder.com/moving-tips-for-seniors](http://www.yourstoragefinder.com/moving-tips-for-seniors)

**Senior Health Resources**

 https://medlineplus.gov/seniorshealth.html

**Nutrition Guide for the Aging and Elderly**

<https://www.retailmenot.com/blog/nutrition-guide-for-senior-citizens.html>

**Boomer’s Roadmap to Aging in Place**

<http://www.homecity.com/how-to-prepare-for-senior-years>

**Financial Resources for Seniors**

<http://www.retiredbrains.com/retirement-resources>

**Veterans Benefits for Seniors**

<http://www.veteransaidbenefit.org/>

**Legal Planning for Alzheimer's and Dementia**

<https://www.justgreatlawyers.com/legal-planning-dementia-alzheimers>

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