

Although many people continue to enjoy good health well into old age, some people find that they need help with daily living.

You may have difficulty walking or getting about, or with personal care such as dressing or washing or with your hearing or sight.

Attendance Allowance is the benefit that many over-65s can apply for if they need help because of an illness or disability. If granted the award can be granted at one of two levels:

- Higher rate £79.15
- Lower rate £53.00



If you are over 65 and need help looking after yourself because of a disability or illness and are not already claiming Disability Living Allowance, you may be able to get Attendance Allowance (AA). **It is not means-tested, or taxable, and receiving it won't affect any other benefits you claim.** Whether you are getting any outside help doesn't matter as your claim will be assessed on your needs.

If you would like to discuss Attendance Allowance or are considering applying for it, please call us at the Beehive office on 01375 389872. **We can help you to complete the necessary forms and to send off your application.**

A mobility scooter can be an expensive purchase so if you are considering buying one please contact us for our useful factsheet on things to consider when buying a scooter.



Age Concern Thurrock is here to inform and support older people with the choices they need to make as they grow older.

If you have any queries, about health, finance, mobility or wellbeing, or we can help you by giving information on activities in Thurrock please call us on 01375 389872