

# ASK THE A-TEAM

Age Cymru Powys Advice Team - Advice You Can Trust

## ASK US ANYTHING!

The Age Cymru Powys Advice Team offers expert, impartial and quality-accredited advice to help you make the most of later life.



"Dear A-Team, I've heard about Attendance Allowance for older people and I'm struggling more than I used to - but I don't know whether it would apply to me. Could you tell me a bit more about it please?" Margaret, 71, Dolau.

Dear Margaret,

It's concerning that over one million people in the UK are missing out on £5 billion of Attendance Allowance every year. It's a tax-free benefit for people over State Pension age who need help with personal care or supervision because of an illness or disability.

Attendance Allowance is not means-tested, so your savings or income won't affect your claim. It can help you qualify for other benefits such as Pension Credit, Housing Benefit, or Council Tax Reduction. The weekly rate depends on the help you need:

- £73.90 per week if you need help during the day or at night.
- £110.40 per week if you need help both day and night, or if you are terminally ill.

You can use the money however best supports you - whether to cover care, home support, or any other needs that improve your daily life. To apply, you can phone the DWP on 0800 731 0122 or make an application online. If you need help, we at Age Cymru Powys can guide you through the process.

We can also help you access wider support, such as help at home, or aids and adaptations to make daily life easier. Why not try our Later Life MOT? This is a practical review of your wellbeing, housing, social connections, and finances, designed to help you plan for the future and access services tailored to your needs.

Get in touch with Age Cymru Powys if you need support - we are here for you in Powys.

**Do you have a question for the Advice Team?**

Write to: Age Cymru Powys, Old Warehouse, Parkers Lane, Newtown SY16 2LT  
Email: [enquiries@acpowys.org.uk](mailto:enquiries@acpowys.org.uk) Call: 01686 623707





# Supporting You Through Bereavement

## How we can help

Compassionate and tailored support so you don't have to face this alone

### A bereavement support service for older people 70+

Losing someone close to you is never easy. If you have been recently bereaved, or are facing bereavement, we are here to support you.

Age Cymru Powys offers this free, accessible, bespoke service for those living in rural, remote and isolated communities where often accessing the right help can be more difficult.

We understand how grief can affect people differently — emotionally, physically and financially.

Our team offers early practical interventions to help you through the initial stages of loss.

Tailored support to meet your individual, cultural and personal needs. Step by step guide on what to do when someone dies (for example register a death).

- Emotional and practical assistance (e.g. funeral arrangements)
- Information and advice on bereavement and grief
- Advice on funeral grants and benefit entitlements
- Help identifying what matters to you & personal wellbeing goals
- Referrals to counselling, mental health support, practical services & peer support groups

Whether you need someone to talk to or guidance with the next steps, we are here.

#### Our approach

We welcome people from all backgrounds and are committed to providing a holistic, compassionate and accessible service.

We will work with you in the way that suits you best - by phone, online or in person.

There is no right way to feel.



### Get in touch:

- Call 01686 623707
- [enquiries@acpowys.org.uk](mailto:enquiries@acpowys.org.uk)
- [www.agecymru.org.uk/powys](http://www.agecymru.org.uk/powys)

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## New Social Club connecting people aged 50+ across our Powys farming community

We are gauging interest in a new group for friendly meet-ups and activities celebrating farming life.

Enjoy social events, farming and rural heritage activities, and occasional trips with others who share your interests.

Please register your interest now, as this will help us to set up this new Powys initiative.

Like the Young Farmers Club but older and bolder!



Are you a farmer, farm worker, or retired from farming and aged 50+?



Would you enjoy the opportunity to meet up with others in the farming community?



Are you interested in attending activities and trips on farming, rural heritage and history?

Then please get in touch with Age Cymru Powys:

☎ 01686 623707

✉ [enquiries@acpowys.org.uk](mailto:enquiries@acpowys.org.uk)

🌐 [www.ageuk.org.uk/powys](http://www.ageuk.org.uk/powys)



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LOVE LATER LIFE