

DO YOU NEED ADDITIONAL SUPPORT AS YOU AGE?

We can help and support you to live independently at home, safely and securely.

- Support & Befriending visits from a volunteer
- Support & Telephone Befriending
- Housing issues and Grant Applications
- Financial issues
- Access to health service
- Help with hospital discharge
- Linking to activities & events
- Security & Safety
- Assistive Technology

ALONE

YOU'RE NOT ALONE

CALL OUR NATIONAL SUPPORT LINE ON
0818 222 024 FROM 8AM-8PM, SEVEN DAYS A WEEK

ALONE is a national organisation that strives to enable older people to age at home, safely and securely, for as long as they wish.

We work with **all** older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties.

We provide an integrated system of:

- Support Coordination
- Support and Befriending visitation
- Practical Supports with everyday tasks
- A variety of Phone Services
- Social Prescription and Health & Wellbeing
- Housing with Support
- Assistive technology, helping you maintain contact with your family and friends



We use support plans to improve physical, emotional and mental wellbeing. We have volunteers throughout the country who conduct and provide practical supports to older people, visits and phone calls, linking older people into social activity and being a companion.

Email hello@alone.ie or visit our website at www.alone.ie

Once you've made contact, ALONE staff will work with you to find a solution to your challenge. We look forward to hearing from you!



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