

# Over 60?

We can help you get the support you are entitled to



- Support & Befriending
- Telephone support
- Housing issues and grant applications
- Financial issues
- Access to health services
- Help with hospital discharge
- Linking to activities & events
- Security and safety

**ALONE**

Supporting older people  
to age at home

ALONE is a national organisation that supports older people to age at home. Our services include Support & Befriending, Coordinated Support, Age-friendly Housing, and technology & community supports. Our volunteers and staff are dedicated to ensuring every older person has the supports they need to age at home.

At ALONE we help thousands of older people deal with issues, big and small. We will support you to have independence and choice in your life. You'll be involved every step of the way and can come back to us as often as you need.

*"I got in contact with ALONE because I was quite lonely and heard about their Befriending service. Later they helped me to sort out my winter fuel allowance. It was great to know I could go back to them whatever the issue." - Phil*

*"ALONE moved me into one of their houses and linked me in with a GP in the area. I was matched with a lovely volunteer Catherine who visits me every week. For the first time in a long time I feel cared for and like I really matter." - Sarah*

## All You Need To Do Is:

1. Contact us at: 0818 222 024  
or email [hello@alone.ie](mailto:hello@alone.ie)  
[www.alone.ie](http://www.alone.ie)
2. ALONE staff will get in touch with you and meet you if needed
3. We will work with you to find a solution to your current challenge

