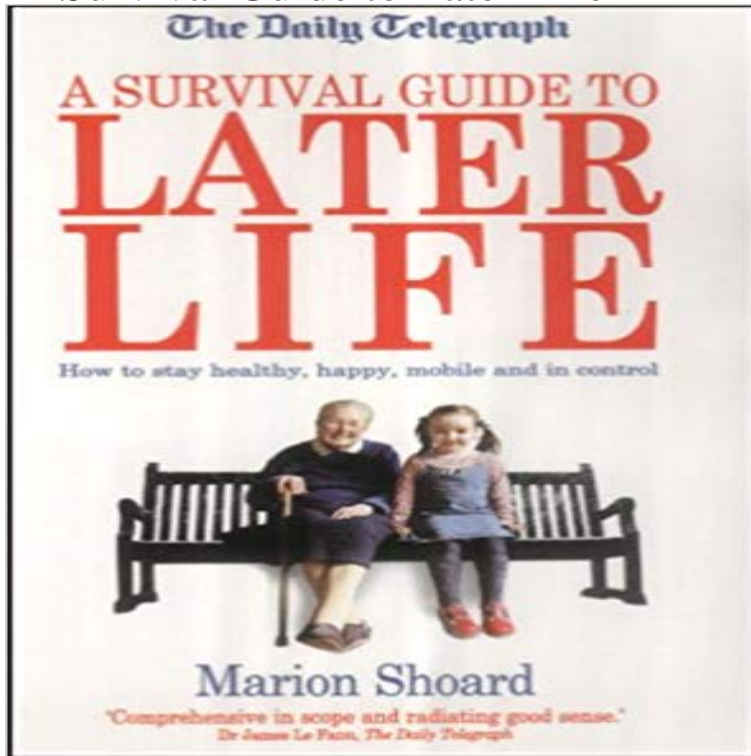


A Survival Guide to Later Life



Old age can bring blessings but it can also bring many problems. What can you do to make the later stages of life as trouble-free and fulfilling as possible? Good advice is hard to find. This book explains all the different ways in which elderly people can help themselves and how their relatives and friends can make life easier for them. Its guidance and suggestions, offering many little-known tips, include: how older people can live in their own homes for as long as possible; what social services departments and the NHS can be made to provide; how to choose a care home; whether an older person should move in with relatives; how to keep afloat financially and staying healthy and happy.

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