

# Hope

## HELPING OLDER PEOPLE ENGAGE

**HOPE project is a free service for people over 55 living in the Dundee area.**

Our staff are able to use their knowledge and experience to help you stay independent, safe and active. We can help you with:

- Arranging welfare/benefit checks to maximise your income
- Housing advice and assistance in completing applications
- Arranging occupational therapy aids and adaptations
- Connecting you to activities or events in your area
- Community alarm referral
- Meal service/food train
- Being referred to befriending/morning calls/group activities/day care
- Blue badge applications
- Arranging advice on utility cost and warm home discount

These are only a few examples of what we can support you with and we can help you with much more!

**To arrange a visit in the comfort of your own home please contact one of our community engagement workers -**

**Maureen**

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E: [Hope@hillcrest.org.uk](mailto:Hope@hillcrest.org.uk)

**Dawn**

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