

THE POP SERVICE

Partnership for Older People



BRINGING SERVICES TO OLDER PEOPLE IN CROYDON

*Anyone over the age of 50
(or caring for someone over the age of 50)
can get initial support from the POP Service Team
and its specialist advisors free of charge*

CROYDON
www.croydon.gov.uk



South West London
Croydon Borough Team

You may need help and advice in order to cope with everyday life. The **POP Service** is a mobile service that aims to bring together a number of specialist advisors to various venues in the Borough as part of a planned programme advertised in advance.

The POP Service will offer advice on topics such as:

- Healthy diet
- Exercise and how to keep fit
- Medicines check
- Avoiding falls
- Staying safe and secure
- Debt management
- Benefits and entitlements
- Hearing loss support
- Coping with diabetes
- Dementia
- Blood pressure checks

The POP Service team has access to the following services:

- Nail cutting
- Specialist equipment and adaptations
- Support options for carers
- Handy person's service
- Home care

The POP Service team consists of specialists from:

- Age UK Croydon
- Croydon Hearing Resource Centre
- Health Visitors for older people
- Pharmacist Advice Service
- Welfare Rights
- Croydon Council
- Alzheimer's Society
- Stroke Association
- Crossroads Care Croydon
- Neighbourhood Care across the borough
- Various other agencies joining us for special events

The POP Service has already provided support as follows:

Some people are unaware of all the benefits they are entitled to because the benefits system is so complex. Advice from the POP Service Welfare Rights team has clarified this situation for so many.

Often following some frustration, a talk with the POP Service hearing Resource team has helped people improve their ability to hear.

Some have previously found it difficult to discuss specific problems. They may have been living with medical conditions that may not warrant a visit to their local GP. After talking health or social care issues through with some POP Service specialists such as our Health Visitors or Pharmacists, or with Age UK Croydon, solutions have often been quickly found.

Most people we talk to want to stay in their own homes and to be as independent as possible. To enable this, the POP Service has provided a variety of helpful home services, including carers and access to equipment e.g. grab rails in the bathroom.

Getting about the borough is not easy for a lot of people so the POP Service Customer Services team has provided useful advice on schemes like Dial-a-Ride, Freedom Passes or accessible mini buses for those with disabilities.

Managing finances can be more difficult for older people so the POP Service team has given useful advice for those who do not know who to turn to for help with their financial affairs.

Full or part time carers have found the POP Service with its range of information and respite advice remarkably valuable.

Everyone needs information, support and advice at some time in their life.

THE POP SERVICE OFFERS:

Free, specialist advice from a number of experts working together

Up-to-date information, clarified and simplified

Time for an initial chat on what's bothering you

An opportunity for people over the age of 50 to consider their options for the future

Advice towards an overall healthier lifestyle

To find out when we are in your area or if you would like further information about the POP Service please contact the office on:

020 8654 4440

The POP Service
Central Hall, Davidson Lodge
Freemason's Road
Croydon CR0 6PD

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Individual leaflets on specific services are available from the POP Service

Managed by Croydon Neighbourhood Care

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