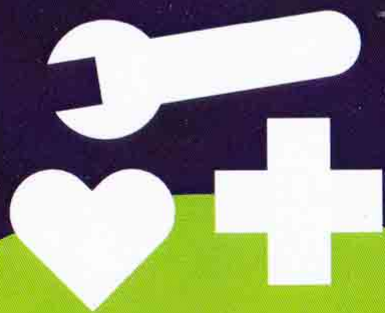


Can We

Help?



Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, we would support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie.

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109

Age Action in Dublin: 01 4756989

Age Action in Cork: 021 2067399

Age Action in Galway: 091 527831

Email: careandrepair@ageaction.ie

Age Action
Age Equality

care+
repair





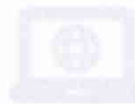
Getting Started learning opportunities!

Age Action runs **free** one-to-one digital literacy classes for older people with basic or no computer/smart device experience

In classes, learners will be supported to:



Send and receive emails



Navigate the internet



Download apps



Shop and book flights

and much more...

Courses run for **2 hours** once a week for **five weeks** | Classes held in community venues around the country | Courses can be taught on laptops, tablets and smartphones

For more information, or to sign up to a course, contact our Getting Started Team on gettingstarted@ageaction.ie, or call:

- National 0818 911109
- Dublin 01 4756989
- Galway 091 527831
- Cork 021 2067399