



## How to cope with cost crisis

### Description



Timely advice on how to tackle the cost-of-living crisis has been issued by charities who work with older people.

Tech support group [AbilityNet](#) â?? who already work hard to help MMHS residents and others get online â?? have produced a [webinar](#) that shares hints and tips from experts.

## Free digital tools can offer fresh ideas

Their advice includes outlining free digital tools and techniques available that can offer fresh ideas for keeping costs as low as possible.

AbilityNet said that with the rapid rise in prices for essential living items such as water, staple foodstuffs and petrol â?? and with energy bills rising exponentially â?? everyone is feeling the pinch.

But AbilityNet believe that with â??a savvy digital approachâ??, there are key ways you can help make some valuable savings.

If youâ??re struggling to make ends meet, itâ??s more important than ever to find out about the financial support thatâ??s available, say [Independent Age](#).

## Itâ??s worth checking whether you qualify for extra support

The charity claim that many older people are missing out on money theyâ??re due. So itâ??s worth checking whether you qualify for any extra support.

You can try their [online benefits calculator](#). There is also a [helpline](#) you can call, to arrange a benefits check â?? 0800 319 6789.

### Category

1. Friends & Family

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### Author

cliveprice