

## What should older people do to keep warm and healthy?

- Eat well, take exercise: avoid sitting still for a long time
- Wear layers of clothing including hats, scarves and gloves
- Use a hot water bottle or electric blanket to help warm up
- Keep the bedroom at 18°C and the living room at 21°C
- Make houses as energy efficient as possible: draft-proofing, insulation, double glazing etc.
- Thick curtains: close them at dusk to stop heat escaping
- Get central heating serviced regularly to make sure it is working properly
- Check which energy company gives the cheapest deal
- Have a flu jab
- Keep food and drink in cupboard or freezer in case it's too cold to go shopping
- In cold weather, ask someone to come and check on them if they can't get out
- Don't keep bedroom windows open at night

## Age UK Shropshire Telford & Wrekin helps by providing:

- A hot meal, friends to talk to and activities at 40 day centres around the county
- Someone to help make sure older people have the money they are entitled to
- A friend to visit or talk to on the phone
- Someone to help get shopping
- Lunch Clubs
- Surviving Winter grants
- Information and advice about how to keep warm
- Activities to help keep healthy and make friends

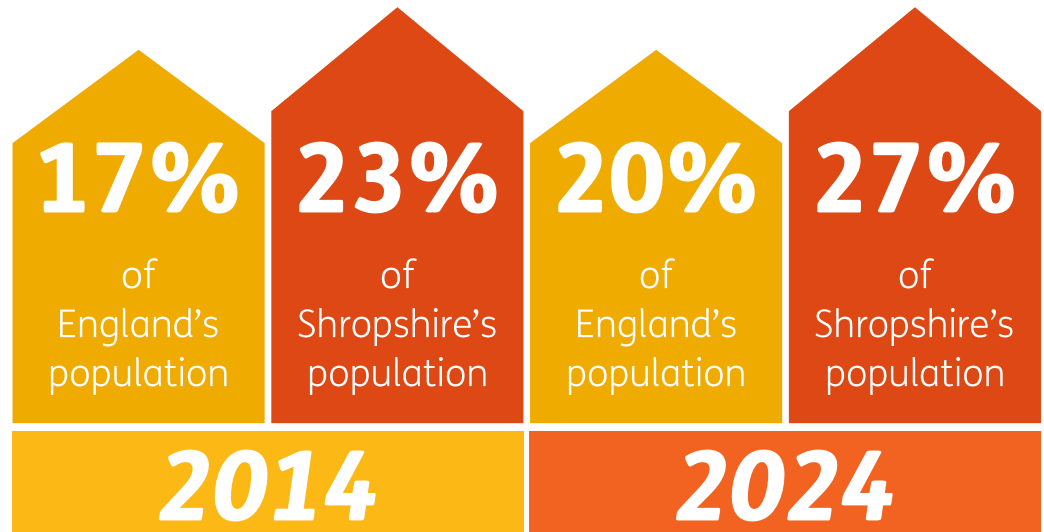
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## Keeping older people warm in Shropshire

There are **100,000 people aged 65 and over** in Shropshire, that's 23% of the county's population.



We have **more older people** in Shropshire than the national average and the **number is growing**.



**Shropshire** is England's **largest inland county**.



It's **rural**, not many people live here

compared to a city like Birmingham.



**50,000 homes** aren't connected to mains gas so...

people have to use other ways to heat their homes but...

electricity, oil, LPG gas, coal and wood are all **more expensive**.

**1 in 10 households** are in **fuel poverty**  
(this means people struggle to afford to heat their homes)

**Each winter in Shropshire**, an average of **252 older people die** from **cold related illnesses** such as chest infections, flu and pneumonia (24,000 in the UK every year).

The cold raises older people's blood pressure which increases their risk of having a heart attack or stroke.



We have more than **800 park homes** in the county which are often lived in by retired older people. Many of them are **poorly insulated** and hard to keep warm.



Many houses are not energy efficient because they are old. This means:

- they are not well insulated
- have single glazed windows
- old central heating systems

This makes them **difficult to keep warm** and **expensive to heat**.