



Advice for Older People

If you are worried, or have an immediate concern please call our **Help Team** on **01452 422660**.

Be Prepared:

Prescriptions: make sure that you have a supply of regular medication. During the colder weather when you may not be able to get out, think about how you will get repeat prescriptions if needed. Friends, family and neighbours may be able to help. There are lots of local groups springing up to offer support and help with errands. Postal delivery services are currently operating normally.

Shopping: plan ahead to make sure you know how you can get food and essential supplies, and try to keep enough food in the house to last for a week. Most major supermarkets are now supporting older people with specific shopping times and prioritising click and collect. Supplies in supermarkets are good and community shops can often deliver locally. Contact us for details of shops and support in your area.

Stay Calm:

There is a lot of conflicting information circulating about COVID-19. We suggest you keep up to date with the latest information and follow the latest government advice found at <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

If the news is worrying you, avoid frequent updates and only view a trusted source, for example the BBC news no more than twice a day. Local radio can be a great source of information for your neighbourhood.

Stay Active:

Fresh Air: Self-isolating is designed to keep some distance between people. It does not mean you have to stay indoors. Getting out and about and walking in green spaces are healthy activities that will help to keep you feeling positive.

Exercise: Try to keep exercising at your usual level to keep yourself fit and mobile. This may be chair exercises to help prevent falls <https://www.activegloucestershire.org/cms/resources/fall-proof-booklet-download.pdf> or online exercise classes. Contact us for information about online classes and other activities you can get involved in.

Stay Safe:

Digital Safety: There is lots of useful information online but sadly there are also some people trying to take advantage of current confusion. We know of a number of 'fake' emails currently circulating including those claiming to be from HMRC offering a COVID-19 related tax refund (HMRC never offers refunds via email), one from the WHO giving fake advice, 'Click for a cure', Donate Bitcoin and an email entitled 'safety measures'. Remember, you will **never** have to pay for your COVID vaccine. Wait for your GP surgery or the NHS to contact you with your **free** appointment.

As always only offer emails from a trusted source, and don't click links if you are uncertain. If in doubt you can visit websites directly for additional information.

Shopping deliveries: If you are accepting help from neighbours and friends to deliver groceries, ask them to leave bags at the door. Current social distancing advice states that people shouldn't be coming into your house.

Stay Connected:

Connect with friends: It's more important than ever to feel connected to friends, family and community. There are lots of ways to keep in contact, from WhatsApp chat groups, to Facetime conversations, lunch with a friend via Facebook to Zoom group meetings. Ask family or friends to show you how to use technology to stay in touch, or check our website for details of how to get involved and make the most of these opportunities. Our Digital Connections Volunteers may also be able to help. Call us on **01452 422660** for more information or go to our website ageuk.org.uk/gloucestershire/activities-and-events-digital-connections.

Now that it's colder and you may not be getting out to see your neighbours as much, why not pick up the phone and have a chat with someone you haven't spoken to for a while or drop someone a line – write a letter or send a card to somebody.

Our Help Team are available to chat through any issues and concerns and can also help put you in touch with regular telephone friendship schemes if you would like a regular friendly chat. Give us a call on **01452 422660**.

We know the situation is changing all the time. Our Help Team has the latest information and can connect you with community groups in your area. If you need support, please call the **Help Team** on **01452 422660**. If you're online you could join our Springboard Facebook Group a thriving online community. Go to ageuk.org.uk/gloucestershire/online-springboard-group. Or, sign up to receive a copy of our Grapevine Magazine, packed with stories and ideas to keep you busy and positive during lockdown and beyond. Go to ageuk.org.uk/gloucestershire/the-Age-UK-Gloucestershire-Grapevine.