



Advice for Older People

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

Be Prepared:

Prescriptions: make sure that you have a supply of regular medication. 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, and supplies to shops are starting to improve. Community shops can often deliver locally.

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. Sitting in the garden, or 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.

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'. 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.

Meet the Neighbours: Now is a great time to introduce yourself to your neighbours! We are suggesting that you "Greet Your Street" at 11 o'clock. Make a cuppa, open your door or window and wave, shout hello or chat to your neighbours over the fence - as long as you stay the recommended 2 metres apart.

Give us a call: If you are feeling lonely and just want to have a chat with a friendly person, you can call our Freephone Friendship Line on **0800 2980579**. We will connect you with one of our team of volunteers.

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**