

# Safe and Well

The Isle of Wight Fire & Rescue Service are committed to helping people live longer in their own home safely.

In the beginning, our remit was to ensure each home we visited had a working smoke alarm. Through work with Age UK Isle of Wight and other agencies it became apparent we could offer so much more. Working with Age Friendly we were able to train up our teams to fully understand the complexities that come with age, how daily tasks become so much more difficult.

For example, we visited a lovely lady in Shanklin who was in her 80's and going through a sad but typical situation. She had lost her husband about 18 months before, her mobility and health had deteriorated to the stage she could no longer manage stairs.

The lady had decided to only live on the ground floor and had all of her belongings moved downstairs. What was originally a request to replace a faulty smoke alarm, turned into a full Safe and Well visit.

During the visit I was able to help the lady understand about clutter that had started to turn into hoarding, discuss the additional risk of falls and her general wellbeing all of which due to the gradual change in her life style and health she was unaware of.

Through our partnership working and the Island's Age Friendly approach we were able to get support for her from many agencies. Referrals were made to the Red Cross for aids, Age UK Isle of Wight Handyperson service and Sensory services (Action on Hearing Loss) to help with a hands free phone. The Falls team helped with trailing wires with the telephone she was using which was a major tripping hazard, she also had numerous rugs and cluttered walkways, all of these were discussed and addressed.

A follow up visit confirmed that Mrs B was so pleased with all the help and support she had received, she felt much safer in her home and we are pleased to report she had not fallen for some time. She also said she had heeded our advice about getting some help with everyday tasks and I am pleased to say she has now employed a weekly cleaner who also gives her some company.



**2,953**  
**Safe and Well**  
**visits over the**  
**last 5 years**

“Safe and Well visits look at the broader issues and help people maintain a safe and healthy life in their own home”

Graham Orchard

