

## Mrs Thomson



**'I am thrilled with what Jack did for me. I can already feel the difference it has made to my home.'**

### Mrs Thomson's situation

Mrs Thomson is 79 years old; she lives alone and was struggling to keep her home warm. She was reluctant to ask for help but was persuaded by her daughter to contact Age UK.

### How Age UK were able to help

When Jack, the Age UK handyperson visited, he fitted insulation foam around the windows and draught excluders on the front and back doors. This made the house easier and cheaper to keep warm as the heat was no longer escaping.

He also fitted energy efficient light bulbs and remote control sockets to make it easier to turn off the appliances rather than leaving them on standby.

## What's next?

To book your home energy check, contact your local Age UK. Please note that whilst this service is free, our funding is limited to older people over the age of 65 who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). Registered address: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age UK and its subsidiary companies and charities form the Age UK Group, dedicated to helping more people love later life. ID202745 07/15



Stay ahead **of the**  
**chill** this winter

### Make sure your home is energy efficient

Age UK offers free home energy checks to older people who are finding it difficult to keep their homes warm in winter.

Working with

**e-on**

## Why do I need a home energy check?

Ensuring your home is energy efficient can help you stay warm in winter. It is easier and cheaper to heat your home if it is well insulated and your heating works properly.

As we get older, our bodies react differently to the cold weather, and it takes us longer to warm up. Exposure to cold weather for long periods of time can make you more vulnerable to some health problems.

The cold weather causes your blood to thicken and increases your blood pressure, which raises your risk of heart attacks and strokes. Other conditions are also triggered or worsened by the cold weather, including arthritis, asthma and influenza.



## What happens during the home energy check?



### 1. Visiting your home

One of our experienced handypersons will visit your home at a time that is convenient for you. The home energy check will take between 60 and 90 minutes.



### 2. The assessment

The handyperson will check the temperature inside your home and whether there are any draughts. They will ask you several questions about your property and any current ways of saving energy that you are aware of, and they will inspect your heating system and any insulation measures you have.



### 3. Installing equipment

Depending on the outcome of the assessment, the handyperson will fit appropriate energy efficiency equipment, which could range from an energy saving light bulb to reflective panels behind the radiator.



### 4. Giving information and advice

The handyperson will offer you some practical tips on how you can save energy to keep your fuel bills down, without compromising on the warmth of your house. They may also inform you of other Age UK and external services available in the area.

## Mrs Thomson



**'I am thrilled with what Jack did for me. I can already feel the difference it has made to my home.'**

### **Mrs Thomson's situation**

Mrs Thomson is 79 years old; she lives alone and was struggling to keep her home warm. She was reluctant to ask for help but was persuaded by her daughter to contact Age UK.

### **How Age UK were able to help**

When Jack, the Age UK handyperson visited, he fitted insulation foam around the windows and draught excluders on the front and back doors. This made the house easier and cheaper to keep warm as the heat was no longer escaping.

He also fitted energy efficient light bulbs and remote control sockets to make it easier to turn off the appliances rather than leaving them on standby.

## What's next?

To book your home energy check, contact your local Age UK. Please note that whilst this service is free, our funding is limited to older people over the age of 65 who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). Registered address: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age UK and its subsidiary companies and charities form the Age UK Group, dedicated to helping more people love later life. ID202758 07/15



## Stay ahead of the chill this winter

### **Make sure your home is energy efficient**

Age UK offers free home energy checks to older people who are finding it difficult to keep their homes warm in winter.

Working with



## Why do I need a home energy check?

Ensuring your home is energy efficient can help you stay warm in winter. It is easier and cheaper to heat your home if it is well insulated and your heating works properly.

As we get older, our bodies react differently to the cold weather, and it takes us longer to warm up. Exposure to cold weather for long periods of time can make you more vulnerable to some health problems.

The cold weather causes your blood to thicken and increases your blood pressure, which raises your risk of heart attacks and strokes. Other conditions are also triggered or worsened by the cold weather, including arthritis, asthma and influenza.



## What happens during the home energy check?



### 1. Visiting your home

One of our experienced handypersons will visit your home at a time that is convenient for you. The home energy check will take between 60 and 90 minutes.



### 2. The assessment

The handyperson will check the temperature inside your home and whether there are any draughts. They will ask you several questions about your property and any current ways of saving energy that you are aware of, and they will inspect your heating system and any insulation measures you have.



### 3. Installing equipment

Depending on the outcome of the assessment, the handyperson will fit appropriate energy efficiency equipment, which could range from an energy saving light bulb to reflective panels behind the radiator.



### 4. Giving information and advice

The handyperson will offer you some practical tips on how you can save energy to keep your fuel bills down, without compromising on the warmth of your house. They may also inform you of other Age UK and external services available in the area.