



Keeping Well This Winter

At Age NI we are delighted to be working with our friends in Power NI again this winter to bring you practical tips to help you look after yourself, your home and each other.

Winter can be tough, and this year, living alongside COVID-19 will bring additional challenges and worries.

With this handy guide, we are bringing you simple steps to help you get prepared.

There are things we can do for ourselves and there is lots of help available – check our useful contacts on the back – and remember you are never on your own.

Staying well this winter means doing all we can to be prepared to **stay warm, stay well** and **stay connected**.

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Looking after **YOURSELF**

Be Prepared



Get the Winter Flu Jab – this free vaccine is readily available to protect older and vulnerable people – even if you are fighting fit. Check with your GP surgery or pharmacy for new safe, socially distanced flu jab arrangements.



Shopping – stay stocked up on basics like rice, pasta and tinned goods like soup and beans. Check what arrangements your local shops have in place for deliveries – many developed new services and priority slots for older people from the first lockdown.



Personal Alarm – a body-worn personal alarm button can be used to call for help in the event of a fall – especially reassuring for older people living on their own.

For more information on Personal Alarms visit www.ageni.org/personalalarms

Weather Watching – it may be harder to get out if the weather turns bad.



Make sure you have enough medication and food.



Keep a bottle of water in case your supply is interrupted.



Prepare for a powercut with torches and batteries.



Keep a mobile or portable phone well charged.



Keep a list of emergency numbers somewhere handy.

[COVID 19]- Stay Safe. Remember the basics:

Wash your hands.

Wear a face covering.

Stay 2m apart.



Looking after **YOURSELF**

Every Day



Keep Moving – Being active is proven to give you a boost. Try not to sit still for more than an hour at a time. Regular movement is important for strength, balance and mobility. Aim for at least 30 minutes of activity each day – try our Move with Mary exercises led by Lady Mary Peters.



Eat Well and Stay Hydrated – keep to a routine and eat regularly, include a variety of fruit and veg and fibre, avoid too many treats, limit alcohol and drink plenty of fluids.



Stay Warm - layering is the best way to keep warm. A knitted hat is great to keep in body heat and a scarf keeps the chest warm and offers protection from cold air.



Do Something You Enjoy Every Day – keeping busy takes effort, but daily tasks give great satisfaction. Find pleasure in things you now have the time for: a book you've been meaning to read, a forgotten hobby, or a project you never had time to complete. Small wins can build motivation and momentum.

Looking after **YOUR HOME**



Ensure your boiler is serviced and any repairs are seen to before the winter – don't get caught out in a cold snap.



Use thermostats and timers to heat your home without wasting energy and keep at a steady temperature. Try to keep your main living room at 21°C during the day.



Close doors to rooms you're not using, turn off radiators. Use draught excluders at doors and windows to prevent heat from escaping.



Draw your curtains at dusk to keep heat in and tuck them behind radiators to minimise heat loss.



Consider installing double glazing in your main living room, loft insulation or even cavity wall insulation, to help keep your home warmer for longer. Check locally if financial help or grants are available for energy-saving investments.

Looking after EACH OTHER

How WE can help

It's not unusual to feel a bit down in the winter when the days are shorter, and the weather is chilly. Try to keep your usual routines, think of others, and stay connected.



Phone family, friends or neighbours regularly for a chat, if you can't safely visit them



GPs have lots of ways to see patients safely.
Encourage people to get the healthcare they need.



Warm Enough? Ask others if they have everything they need and if their home is warm enough.



When it is wet or icy outside, help to make sure everyone can get out and about safely or that they have enough supplies..

If you can offer help, do. If you need help, ask. Remember that everyone, whatever age, needs a helping hand from time to time.



Home Energy Check

Give your home an energy health check with Power NI's easy online calculator and see how much you could save. To get your free, personalised energy report visit:

www.powerni.co.uk/home-energy-check

Power NI Customer Care Register

We care about our older customers and those who are less able. Our Customer Care Register has a range of services which may be of help, whether that's a note so that the meter readers know to allow you more time to answer the door, passwords to protect from bogus callers, or help setting up a carer as an alternative bill payer.

Visit www.powerni.co.uk/customercare or call 03457 455 455 Mon-Fri 9am-5pm

to find out more.

This winter may be tough, but with some preparation, a helping hand and **by looking after each other, we will get through it.**



How **WE** can help



Age NI – Advice Line

Online: Age NI's website: www.ageni.org.uk is packed with ideas, tips and guidance for winter wellbeing. Age NI's free, independent confidential advice line helps thousands of people every year.

Get in touch via freephone **0808 808 7575** or email advice@ageni.org

Money Matters

- Find out about pension credit.
- Get advice on winter fuel payments.
- Try our benefits calculator.

Health & Care

Find out how to get the care and health support you need at home. Get expert advice on how to choose a care home.

Advice on Loneliness

Reach out when things are really tough – don't suffer in silence. You are never on your own – we are here to help.