

## **Advice for the Elderly and their Families and Neighbours**

In winter it can be difficult for everyone to get about and conduct day to day activities. It is even more difficult for the elderly and other vulnerable people.

### **Advice for the elderly or infirm**

#### **Keeping Well and Warm:**

- Keep warm, eat well and avoid unnecessary travel. You should eat regular hot meals and drink plenty of fluids, this will keep you warm and will give you energy to keep active
- Ensure you have sufficient supplies of food and of any prescription medicine you may need. Keep active indoors
- Have sufficient fuel supplies to maintain adequate heating in your home
- Ask your relatives and neighbours for help if you need it. Keep their phone numbers on a list beside your phone

#### **Personal Safety – Staying Safe:**

- In icy weather, wear well-fitted shoes with non-slip soles if you must go out but try to limit walking outside during the cold weather
- Consider wearing a personal alarm so that family or neighbours are alerted if you fall
- If you have a fall, even a minor one, make sure you visit your doctor for a check up

#### **Fall prevention in your home**

- Leave a low energy light on at night time, preferably one with a high light output
- Use a non-slip shower or bath mat
- Make sure wires or cords from lamps, telephones etc. do not trail where you walk
- Arrange furniture so that you can easily move around all your rooms
- Remove rugs or use non-slip tape or backing so rugs will not slip
- Consider installing hand rails on both sides of the stairs

**Keep safe this winter – for more information visit [www.hse.ie](http://www.hse.ie)**

#### **Keeping an eye on the elderly and infirm**

- Try to call on elderly relatives and neighbours, and offer to assist them in severe weather.
- Ensure that they have sufficient supplies of food and medications
- Ensure that they have sufficient fuel supplies to maintain adequate heating in their homes
- If you have any doubts about the safety of an elderly or infirm person seek the assistance of the Garda Síochána or local social services