

# Keep Safe and Warm this Winter

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# What we would like to achieve

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- Reduce hospital admissions
- Reduce attendance at Accident and Emergency
- Reduce GP Appointments
- Reduce winter deaths
- Reduce number of people having problems meeting fuel bills
- Provide information, support and practical assistance to stay warm and well.

# Why are older people at risk?

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- As we get older our bodies respond differently to the cold
- Being cold increases the risk of chest infections, heart attacks and stroke
- Increased risk of slips and falls
- The cold thickens blood and increases blood pressure
- As we get older it takes longer for our bodies to warm up



# Be prepared

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- Get your heating system serviced every year
- Make sure you claim all financial support you are entitled to help reduce heating costs
- Ensure you know where your stopcock is
- Stock cupboards and freezer with food
- Register for shopping deliveries
- Keep grit or a salt/sand mix to put on steps and paths in icy weather
- Have your annual flu jab
- Stock up on prescription medicines
- Book your free fire safety assessment
- Consider grab rails for front or rear doors

# Keep bedroom windows closed

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65°F (18°C) is the ideal temperature for your bedroom

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70°F (21°C) is the ideal temperature for your living room

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# Keeping well

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- Regular exercise
- Eat well
- Keep warm (check temperatures)
- Wear warm clothes in and out of the house
- Keep your bedroom warm
- Use a hot water bottle OR an electric blanket
- Keep your hands and feet warm
- Several thin layers are warmer than one thick layer
- Wear a hat, gloves and wrap a scarf around your face when going out in cold weather



# Questions?

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