



Keeping Well in winter

Advice for older people



As the weather gets colder and the days begin to get shorter it is important for us all to prepare for the winter months.



Winter is a time when health can be seriously affected and illnesses like the 'flu' and pneumonia can lead to serious complications.

At Home:

- Wear several thin layers of clothes rather than one thick layer
- Choose clothes made with wool, cotton or fleecy materials
- In the coldest weather wear bed socks and a hat, as well as thermal nightwear

Outdoors:

- Wear several thin layers of clothes under your coat
- Always wear something on your head
- Wear warm, flat, non-slip shoes or boots.

Eat Well

Follow these suggestions for eating well this winter:

- Aim to have at least one hot meal a day and have hot drinks regularly throughout the day
- Have a hot drink before bedtime
- Prepare a thermos flask of a hot drink to have by your bed in case you feel cold in the night.

Include something from each of the 5 main food groups in what you eat each day. Try to keep a stock of food from all of these groups in case you can't get out to the shops in very cold weather. If you are on a special diet talk to your doctor before you make any change in what you eat or drink.

It is important to make sure you have enough medication to last during adverse weather conditions, your GP or Chemist will be able to advise you on this

The 5 main food groups are:

- **Group 1** - bread, cereals, potatoes, pasta, chapatis
- **Group 2** - fresh fruit and vegetables (try to have at least 5 portions during the course of each day)
- **Group 3** - milk and dairy foods
- **Group 4** - meat, fish, eggs, peas and pulses such as beans
- **Group 5** - foods containing fat and sugar.

Keep Moving

- Moving around generates extra body heat, so any kind of activity will help to keep you warm.
- Don't stay sitting still for long periods.
- Spread chores out during the day so that you can alternate between rest and activity.
- Moderate exercise, such as walking, has real health benefits.

Keeping a Warm Home



Take these steps to get your home ready for winter:

- Fit draughtproofing to help seal gaps around windows and doors
- Lay insulation in the loft to reduce heat loss
- Ensure your hot water cylinder and pipes are lagged, including pipes in the loft
- Check your heating system is working properly and serviced at least once a year
- Make sure you know how to set the heating controls

Keep Warm

Make sure you get a thermometer for the main room you use:

- Try to keep a temperature of 21°C (70°F) in all the rooms you use during the day
- Keep your bedroom window closed at night in winter
- Use an electric blanket **or** a hot water bottle in bed, but **never** both together.

If you have central heating these tips will help to keep you warm:

- Set the thermostat to around 21°C (70°F)
- If a room gets too warm turn the thermostat down
- Set the timer to come on before you get up and switch off when you go to bed
- In very cold weather set the heating to come on earlier, rather than turning the thermostat higher.

On the next page is a winter contact list, for you to fill in the details of the names and numbers of people you may need to contact quickly. You can pin this up somewhere easy to locate or keep it by you in your living area/ bedroom

The 'Keep Warm Keep Well' Winter 2009/2010 guide contains lots of useful advice and information, you can ring the Winter Warmth Advice Line on ☎ **0800 085 7000**.



Contact list

	Name	Phone Number 	Opening Hours
Family/Next of Kin			
Friend/Neighbour			
Central Heating Fuel supplier			
Plumber			
Electrician			
Water Company			
Doctor Surgery			
Nurse			
Chemist			
Shop/Post Office			
Newsagents			
Meals on Wheels Supplier			