

Keep Well this Winter Checklist for Professionals

Keep Well

✓	What to check	Action	Contact
	Have they had their flu jab?	Flu jab is free for all aged 65 and over and those with certain health conditions. It needs to be done every year.	Local GP surgery
	Have they had their pneumococcal jab?	Pneumococcal jab is free for all over 65 and those with certain health conditions. It is usually only done once in someone's lifetime but can be given at same time as a flu jab.	Local GP surgery
	Are they eating a healthy diet?	Ensure store cupboard is well-stocked with long-life healthy foods and get advice about simple healthy recipes	Food Standards Agency 029 2067 8912 / 8964
	Are they keeping active?	Find out details of local exercise opportunities aimed at older people. Swimming at council-owned facilities is free for all over 60 in Wales.	Age Concern or local leisure centre
	Do they have any health worries they don't want to bother the doctor with?	Advice and support is available from NHS Direct Wales for the price of a local phone call.	NHS Direct Wales 0845 46 47
	Are they taking their medication correctly?	FREE Medication check with pharmacist	Local Pharmacy

Keep Warm

	Are rooms heated to 18-21 °C	Turn the heating up! Health problems start when the heating is below this level. Age Concern have free thermometers.	Local Age Concern
	Does the home have central heating and insulation?	Grants are available through HEES Plus for all over 60 on a qualifying benefit or allowance and others may qualify too.	HEES (Wales) 0800 316 2816

Is money being wasted through energy inefficiency?	Contact the local Energy Efficiency Advice Centre for advice and information about other grants.	EEAC 0800 512 012
Do they have a low income and struggle to afford the heating?	A benefits check will show if they are eligible for any additional income.	Pension Service 0800 99 1234 or your local Age Concern
Are they paying too much for their energy bills?	energywatch can give advice on switching suppliers and ensuring you are on the right tariff.	energywatch 0845 906 0708
Are they worried about energy debts?	No-one of pensionable age should be cut off from October – March but Home Heat Helpline can help with energy debts and will speak directly to the person or take referrals.	Home Heat Helpline 0800 33 66 99
Are there concerns about gas safety?	Tell the utility supplier they should be on the Priority Service Register for customers of pensionable age. This ensures they receive free services such as a gas safety check, password scheme and priority in an emergency.	Gas and electricity supplier

Keep Safe

Are they at risk of slips or trips?	Care & Repair can help with installing grab rails, level shower access, suitable lighting and minor repairs.	Local Care & Repair
Is the home secure?	The police and Care & Repair can offer assistance with security measures	Police, local Care & Repair agency
Is anyone keeping an eye out for them or offering to help	Ensure neighbours and family are aware of the need to help out older people in cold weather periods.	
Is this home fire safe?	Home Fire Safety Audits and free smoke alarms are available from the local Fire and Rescue Service	North – 0800 1002863; Mid/West – 0800 3899279; South –

			0800 3281830
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