

THE 10-MINUTE WINTER WELLBEING CHECK

Worried about an older relative, friend or neighbour living alone this winter? Use these ten simple checks during your next visit. Small changes can be easy to miss - and spotting them early may help someone stay safer, happier and more independent at home.

1

Is the home comfortably warm?

Are the main rooms warm enough, or are they avoiding the heating?

2

Are they eating properly?

Is there fresh food in the fridge and are regular meals being prepared?

3

Are they drinking enough?

Older people can become dehydrated in winter too. Are drinks readily available?

4

Are medicines being managed?

Are prescriptions collected and medicines being taken as intended?

5

Are they moving around safely?

Any recent falls or near misses? Check rugs, stairs, clutter and poor lighting.

6

Are everyday personal routines manageable?

Are washing, dressing and getting ready becoming noticeably more difficult?

7

Are household jobs building up?

Look for unwashed dishes, laundry, unopened post or an unusually untidy home.

8

Are they still getting out?

Has colder weather stopped regular shopping, activities or seeing other people?

9

Are they becoming lonely?

Are they spending long periods alone or seeming more withdrawn than usual?

10

What happens if the weather gets worse?

If snow, ice or illness kept them indoors, would they have food, medicines and someone checking in?

A FEW CONCERNS?

A little companionship or Visiting Home Care may be enough.

NEEDS MORE HELP?

Regular Home Care can help someone remain independent at home.

NEEDS CONTINUOUS SUPPORT?

Live-In Care may offer an alternative to residential care.

Don't wait for winter to become a crisis. If one or two things concern you, start a conversation. Sometimes a little support is all that is needed.

Not sure what kind of support may be right?

Use the Good Companions Care Compass: 24hourlivein.care/compass/

Good Companions

goodcompanions.net

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This checklist is a general wellbeing guide and is not a medical or care assessment. If someone is seriously ill or in immediate danger, call 999. For urgent medical help that is not an emergency, use NHS 111.