

Keeping Well at Home

This guide provides some standardised talking prompts for frontline workers, volunteers, friends and family to help you to have a productive conversation with older people living at home. The guide is particularly aimed at those older people who are not online and provides information about local and national support services. During your conversations with older people, please bear in mind that some will not ask for help until the very last minute.



How are you doing today?
What have you been up to today?
How do you keep busy?

What's on the menu tonight? Are you getting your shopping ok? Have you cooked new recently? How's your appetite?

Practical tips

- Talking can help us feel connected to friends and family this could be on the phone or quick chat over the fence to a neighbour. You may wish to chat to a befriender or even volunteer yourself.
- Spend time on an activity you enjoy, set yourself a new challenge or start that project you've been meaning to. Try something new like going online.
- Plan your day – try to get up and go to bed at a similar time each day.

More information:

Telephone/Tech or garden gates buddies plus volunteering opportunities via WVA -
Good Neighbour Project Telephone: 01925 246881

Age UK National befriending services and support to get online using Step by step guide to making a video call or become a digital buddy and help others.

Links to local social groups -
My Life Warrington
Life Time
U3A
WI

Practical tips

- Drink plenty of liquids including water. You will need to drink more in the summer time.
- Eat a balance diet and try to stick to regular meal times and healthy snacks.
- Keep track of your weight, you may put on or lose weight during periods of isolation.
- Ensure your cupboards and freezer are stocked with long lasting foods and ask for help if you need it



More information:

Warrington Foodbank | Helping Local People in Crisis

Neighbourhood Food Larder Free Food Locations

There has never been a better time to kick start your health.

Lose weight - Better Health - NHS (www.nhs.uk) make healthy, tasty meals.

Access shopping buddies via the good neighbour project if you need support with your shopping.



Are you warm enough at home? Is your boiler working ok? Have you got numbers handy if anything goes wrong?

Practical tips

- In the winter, 21°C is an ideal temperature for your living room and 18°C for your bedroom.
- Wearing several thin layers of clothing will keep you warmer. Keep moving and reduce sedentary time throughout the day to keep warm.
- Been saving for a rainy day? There has never been a better time to put yourself first, stay home, keep warm and put your heating on. Use energy comparison prices and make sure you are collecting your full winter benefit entitlements
- If there are rooms you don't use turn the radiators off and close the doors.

More information:

Benefits Advice - [Warrington Advice \(warrington-advice.co.uk\)](http://WarringtonAdvice(warrington-advice.co.uk)) National Advice Line Telephone: 0300 3309 091

Handyman service - [Warrington Home Improvement agency](http://WarringtonHomeImprovementagency) Telephone: 01925 246 812

Energy advice -
Energy advice for
older people | Age UK



Are you keeping up with your health appointments? Have you had your flu jab? Have you had your COVID jab? Is there anything you'd like to check in with your doctor about?

Practical tips

- The NHS is still open – and it is important to keep appointment unless you are asked not to attend.
- Get medical help if you need it, GPs and pharmacies are still open and can provide advice over the phone.
- Pharmacies are providing a prescription delivery service and can help with minor ailments.

More information:

COVID-19 [Vaccine information](#) for older adults [Pick up prescription service](#)

Using the NHS during the coronavirus pandemic - [click here](#)

Stick to credible sources of information – [Gov.uk](#) and [Warrington Borough Council's website](#) and [BBC news](#), for all the latest news and guidance.

**How are you loved ones doing?
How are you coping?
What support is there for you?**

Practical tips

- Remember it's OK to ask for support if you need it, don't leave it until the last minute.
- Take time for yourself, do something you enjoy, practice self care.
- Looking after your mental health is not something we should just do if we are feeling low or stressed. It's something we should think about all the time and really invest in, just like with our physical health.

More information:

[Mental health website for people in Warrington with information for older people - HappyOKSad](#)

[Get Your Mind Plan](#) - Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Advice for carers - [WIRED Adult Carers service](#) and [Cheshire and Warrington Carers Trust](#)

[Warrington Wellbeing Service](#) for one-to-one information and advice to help you look after you own health and wellbeing. Telephone: 01925 246 812

For information and support for those living with dementia [Alzheimer's Society](#)

First Response Team (previously known as Access to Social Care) 01925 443322 or out of hours on 01925 444400

**Have you had some fresh air today?
What do you like to do to get moving?
What does an active day look like for you?**

Practical tips

- Try to move throughout the day and if possible get out in the fresh air for a walk or in the garden if you have one, or stand on your doorstep to get some fresh air.
- Try building seated and standing exercises into your daily routine around your home.
- Break up long periods of inactivity with chunks of movement or a spot of housework.

More information:

[Walking buddies](#) or [walk leaders](#).

[Health Walks - Libraries | LiveWire Warrington](#)

[Tips for getting active for people recovering from Covid - COVID Recovery - Moving Medicine](#)

[Get active - Better Health - NHS \(www.nhs.uk\)](#)

[Resource to get older adults 'Active at Home'](#)

