



BE WINTER READY

“IF WE CAN WINTER THIS ONE OUT, WE CAN SUMMER ANYWHERE”,
SEAMUS HEANEY

HERE ARE SOME SUGGESTIONS TO SUPPORT YOUR WELLBEING WHILE LIVING WITH THE ADDED REALITY OF COVID-19 VIRUS THIS WINTER



BOOST YOUR WELLBEING

Giving - Do things for and with others

Are there ways others could benefit from your time, energy, ideas, knowledge or skills? Connect with people and consider old or new ways to do this safely.

Exercise

Try to get in a daily walk if you are able or a Home Exercise Programme instead (see HSE “Let’s get moving again” leaflet).

Use your senses to be aware of your surroundings

Take time to smell the coffee.

Keep learning new things

Think about signing up for a course or trying a new recipe.

NUTRITION

Plan how you can get your meals for the week

Aim to include nutritious meals, snacks and fluids regularly throughout the day.

Keep a well-stocked store cupboard and freezer

This will help you to have balanced meals. Potatoes, as well as dried pasta and rice, will provide you with starchy carbohydrate, while fresh, frozen and tinned fruit and vegetables all count towards your ‘5 a day’. Tinned fish, beans, peas and lentils are useful sources of protein to add to store cupboard meals when fresh sources (e.g. meat, fish and eggs) are not available.

Have a back up plan

If you can’t cook, consider some ready-made or frozen meals, batch cooking, meal delivery services or talk to your Public Health Nurse about Meals on Wheels.



A SAFE HOME

Keep house clutter free

Maintain a clutter free environment to reduce the risk of falls (such as rugs / wires / obstacles).

Wear suitable shoes

Have suitable shoes both for indoors and outdoors (non-slip, secure back, comfortable and water resistant for outdoors).

Make sure needed appliances are working

Make sure phones / alarms / batteries / chargers / hearing aids / car / heating and electrical equipment are all serviced and in working order.

Have the chimney cleaned and ensure you have enough fuel

Have a well-stocked first aid kit

Have a well-stocked first aid box for small cuts / burns / small injuries.



YOUR PRIMARY CARE TEAM

The Primary Care Team

The Primary Care Team covers a specific geographical area. Team members may include GPs, Public Health Nurses, Chartered Physiotherapists, Psychologists, Occupational Therapists, Registered Dietitians, Counsellors, Social Workers, Home Help Co-ordinators and Speech and Language Therapists.

Phone your Pharmacist

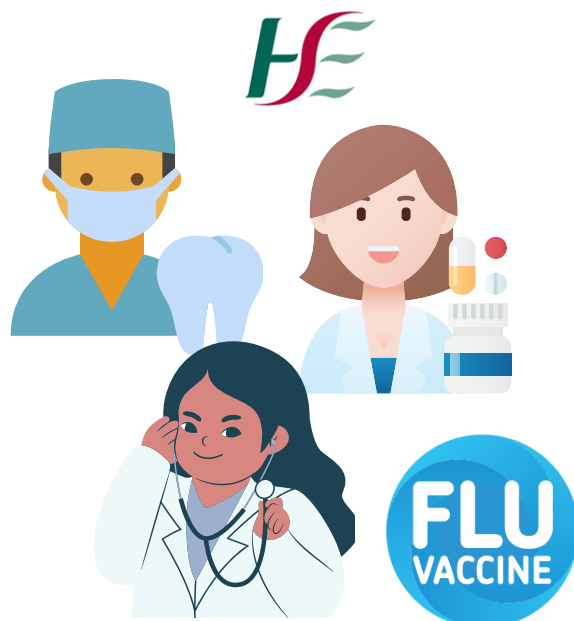
Ring in advance of when you need your prescription. Arrange delivery for the winter months if you prefer.

Make an appointment with your GP

If you have a condition that worsens in the winter, discuss this with your GP. Talk to your GP particularly if you are underweight, losing weight or have had any falls or any other health concerns.

Make sure you get the FLU/ Pneumonia vaccine

You can avail of this through your GP

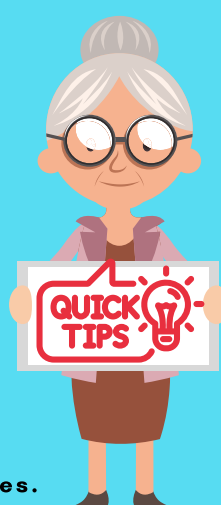


REACH OUT



Alone is one of many organisations to help support older people to age at home, it includes a wide range of practical and social support.

0818 222 024 hello@alone.ie www.alone.ie



Have your EIRCODE written on several labels for quick retrieval in the case of an emergency

Keep a pocket torch handy in case of power cuts