



## Checklist

# Preparing for winter

Winter can make it difficult for us all to stay well – but you can take steps to get ready for the colder months.

## Staying warm

- Arrange to get your boiler serviced in the summer.
- Get help to insulate your loft, walls and hot water cylinder before winter. For advice on how to make your home more energy efficient, visit [gov.uk/improve-energy-efficiency](https://www.gov.uk/improve-energy-efficiency) or call **0800 444 202**. In Scotland, contact Home Energy Scotland (**0808 808 2282**, [homeenergyscotland.org](https://www.homeenergyscotland.org)).
- Make sure you can access and turn off any stopcocks, in case you need to stop your pipes from freezing and bursting.
- Contact your energy supplier and network operator to get on their Priority Services Register – this will give you access to extra support if your energy supply is disrupted.
- Make sure you're getting all the benefits you're entitled to. See our checklist **Winter benefits** for a simple way to check. You can also call our Helpline on **0800 319 6789** to arrange a free benefits check.

## Staying safe

- Have a smoke alarm and a carbon monoxide alarm. Make sure they both work and have batteries in them.
- Make sure your home is lit properly, to avoid slips and falls.
- Make a list of emergency numbers to keep next to your phone – like phone numbers for your GP surgery, pharmacist, utility companies, plumber and electrician.
- Make sure you know how to get up from a fall safely – see our guide **Winterwise** for more information.



- Order your repeat prescriptions online or ask your local pharmacy if they can deliver prescriptions to your door.
- Buy a pair of water-resistant, non-slip shoes.
- Check if your local council can provide bags of grit or salt for icy paths, or get some from a DIY store.

## Staying well

- Start taking a daily vitamin D supplement from October onwards – check with your GP first.
- Stock up on frozen, tinned and dried food.
- Keep some painkillers and cold and flu remedies in your medicine cabinet. Check if your pharmacy is part of the NHS Minor Ailment Scheme – this can give you access to free over-the-counter medicine, that you would usually have to pay for.
- Get a flu jab in September or October.
- Make sure you're up to date with your COVID-19 vaccinations and book a booster if needed.
- Check with your GP if you've had the one-off pneumonia vaccine.
- Check with your GP if you're able to get a shingles vaccination.
- Reach out to people close to you for support.



### Good to know

Our **Winterwise** guide has more information about ways to keep well this winter. Get your free copy today at [independentage.org/get-advice/winter-wise](https://independentage.org/get-advice/winter-wise), or call our Helpline on **0800 319 6789**.