

## **ALONE stresses the need to check up on our elderly neighbours during these extreme weather conditions**

**Dublin, 8 January 2010** ALONE, the voluntary organisation working to combat isolation and loneliness among older people living alone, has reiterated that loneliness and isolation among older people can result in debilitating circumstances for those most at risk, particularly during these extreme weather conditions we are experiencing.

The charity is calling on members of the public to be mindful of their older neighbours, family and friends who live alone, and to ensure that they visit them regularly during this fierce cold snap. Regular checks can result in a drastically improved quality of life for older people who may require support.

Sean Moynihan from ALONE stressed that "We are doing everything possible to ensure that older people have food and heating and are assisting with pension collection and making sure that medical appointments are kept. But if you know of a person experiencing financial difficulties or poor health conditions which in this climate can result in hypothermia, please make that call to ALONE or a similar organisation so that any hazardous or dangerous situations can be avoided."

Due to adverse weather conditions, a lot of people are home from work at present and a call to an older neighbour or friend could make all the difference. Depression, poor nutrition, inadequate heating, and unsatisfactory living conditions among older people can all be attributed to isolation. Older people living alone can find it more difficult to get out of the house and can be particularly lonely at this time.

"These weather conditions can be devastating for older people at the heart of our community. ALONE is calling on all members of the community to remember their older neighbours living alone, and to consider their needs," commented Sean Moynihan, CEO of ALONE. He continued, "A five minute visit to check on heating levels, food consumption, adequate security, and to simply offer some human contact can have a profound effect. Don't leave it to others, they may have left it to you."

ALONE are doing everything possible to ensure that older people have food and heating and are assisting with pension collection and making sure that medical appointments are kept. But ALONE stress that if you know of a person experiencing financial difficulties or poor health conditions which in this climate can result in hypothermia, please make that call to ALONE or a similar organisation so that any hazardous or dangerous situations can be avoided.

ALONE can be contacted on (01) 679 1032 for advice and assistance. They can also provide information to concerned members of the public, or older people directly, about services that are available to support those who are vulnerable.

**ENDS**

For further information, please contact  
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