

# Extreme Weather Conditions

CHECK UP ON OLDER NEIGHBOURS DURING THESE EXTREME WEATHER CONDITIONS –  
EXTREME COLD TEMPERATURES CAN RESULT IN HYPOTHERMIA

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Dublin, 28 November 2010 With heavy snowfalls overnight and the cold snap expect to last for the rest of the week, ALONE, the voluntary organisation working to combat isolation and loneliness among older people living on their own, is stressing the importance to members of the public to check in on their older neighbours, family and friends who live alone.

ALONE is also suggesting to older members of the community to ask for assistance and help when needed. Sean Moynihan CEO of ALONE stressed “Asking for help is not showing a lack of independence. Neighbours and others can be brilliant but sometimes you do need to ask for help.” Older people are advised to stay warm by ensuring they have adequate heat; wear layers of light but warm clothing; eat at least one hot meal per day; take frequent, gentle exercise to keep warm; and to stay indoors. Extreme cold weather can result in hypothermia if you do not take care of yourself adequately.

“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. Met Éireann has said that the cold snap will last for the rest of the week and probably into next weekend. A lot of people are home today and a call to an older neighbour or friend could make all the difference.” commented Sean Moynihan, CEO of ALONE.

He continued, “A five minute visit to check on heating levels, food consumption, adequate security, and simply to offer some human contact can have a profound effect. Don’t leave it to others, they may have left it to you.”

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