

PRESS RELEASE

Older person's charity ALONE expresses concern for wellbeing of some older people in need during current extreme weather conditions

Charity calls on public to check on older people living alone this Christmas as extreme cold temperatures can have serious affects on health of many older people

Dublin, ** December 2014 Extreme cold weather conditions potentially pose a health risk for isolated older people this Christmas. ALONE, the charity which supports older people in need, is urging members of the public to check on their older neighbours. Continued extreme cold temperatures can have a serious affect on many older people, in particular those living alone, those with health issues, and those with limited mobility. ALONE is calling on older people who are concerned about their own wellbeing during the cold weather to call for assistance and help if needed.

Seán Moynihan, CEO of ALONE commented, "During holiday periods it can be easy for people to get caught up in their own lives, but it's important to consider older people living alone this Christmas given the cold weather. Continuing cuts in fuel allowances and increases in costs have put people under huge pressure when heating their homes and we know that extreme cold temperatures are felt more acutely by older people."

"We are calling on all members of the public to remember their older neighbours living alone and to consider their needs. We're advising older people to stay warm in the cold weather by ensuring they have adequate home heating, wearing layers of light but warm clothing, eating at least one hot meal a day and staying indoors if possible", said Moynihan.

Moynihan continued, "The damaging effects of cold weather are not always seen straight away, a variety of health problems can arise afterwards. A visit from a member of the public to check on an older person's heating levels, food supplies and security, as well as to simply offer some human contact can make a huge difference".

Those who have concerns for an older person, or older people in need of assistance can contact ALONE on (01) 679 1032. The charity, which depends on donations from the public, has volunteers and staff ready to act on requests for assistance, and works with other charities and bodies to ensure all calls for assistance are responded to. ALONE can assist and advise on issues relation to food, heat, or medication. Older people are also advised to have a list of important phone numbers close to their home phone.

Further information, including advice and tips for older people in cold weather conditions, can be found on www.alone.ie.

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Established in 1977, ALONE is an independent charity that works with the 1 in 5 older people who are homeless, socially isolated, living in deprivation or in crisis. We provide Supportive Housing, Befriending, Community Response and Campaigning services to hundreds of older people every week. We receive no Government funding for our day-to-day activities so we rely

solely on the generosity of the public to continue our work. ALONE's services are quality approved and are delivered 365 days a year.

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