

ALONE expresses concern for wellbeing of some older people in need during forecast extreme weather conditions and status orange weather alert

We remind older people to take precautions during cold weather spell

Dublin, 13th January 2015 Forecasted extreme cold weather conditions potentially pose a health risk for isolated older people. ALONE is urging older people to take extra care and for 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, "Following a status orange weather warning from Met Éireann 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".

ALONE can be contacted on (01) 679 1032 for those who have concerns about their own wellbeing or the wellbeing of a vulnerable older person in the community or visit www.alone.ie