

ALONE expresses concern for older people in need following orange weather warning

Dublin, 12th November 2015 ALONE is urging older people to take extra care following an amber weather warning by Met Éireann for parts of the country over the next two days.

'Storm Abigail' is expected to bring heavy winds to Ireland, with gusts of up to 120km/h expected in parts of Donegal, Leitrim, Galway, Mayo and Sligo. In anticipation, Met Éireann has issued a Status Orange warning for these areas. Status Yellow warnings have been issued for Roscommon, Clare, Cork, Kerry and Limerick with gusts of up to 100km/h expected.

Older people can be more vulnerable during poor weather and stormy conditions. Older people most at risk are those living alone, those with health issues, and those with limited mobility. ALONE is calling on members of the public to check on their older neighbours and assist them if they need to travel to the local shop or post office during the bad weather. ALONE is also asking older people who are concerned about their own wellbeing during the stormy 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 be prepared by ensuring they have adequate heat, medication, food and to stay indoors where possible."

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 in partnership 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.