

Essential Winter Safety Tips for Seniors: Staying Warm, Healthy, and Secure



Cold weather can be more than just uncomfortable—it's a health risk for those with reduced mobility. As we age, our ability to regulate body temperature decreases, making it easier to develop hypothermia and other cold-related illnesses. Additionally, icy sidewalks and shorter daylight hours can increase the risk of falls and isolation. By staying vigilant, seniors and caregivers can help minimise these risks and stay safe through the season.

1. Keep the Home Warm and Comfortable

- **Maintain a Safe Temperature:** Keep indoor temperatures at 18°C (64°F) or above, especially in main living areas.
- **Insulate Properly:** Use draft stoppers, rugs, and thick curtains to prevent cold air from entering. Close off unused rooms to save heat.
- **Use Heaters Safely:** Portable heaters are helpful but require caution. Follow safety guidelines, keep heaters clear of flammable items, and never leave them unattended.

2. Dress in Layers

- **Wear Multiple Layers:** Thin layers trap heat more effectively than one thick layer. Indoors, keep a cozy sweater nearby.
- **Outdoor Essentials:** If going outside, wear a hat, scarf, and gloves. Indoors, thermal socks and slippers with grip can help keep feet warm and prevent slips.
- **Warm Bedding:** Use extra blankets or a winter-weight duvet. Electric blankets and hot water bottles can add warmth but should be used with care.

3. Stay Active

- **Move Regularly:** Moving every hour can help maintain circulation and body warmth.
- **Indoor Exercise Options:** If outdoor activities aren't feasible, consider gentle stretching, or try local senior centres for indoor activities.

With these tips, seniors can reduce the risks of cold weather and enjoy a safer, warmer winter season. Simple steps in home preparation, personal care, and staying connected can make a significant difference in maintaining comfort and well-being all winter long.

4. Eat Well and Stay Hydrated

- **Eat Warming Foods:** Soups, stews, and hot drinks can help maintain body temperature. Try to have at least one hot meal daily.
- **Keep a Stock of Basics:** Ensure essential items are available in case of severe weather. Staying hydrated is also important, while alcohol, which can lower body temperature, should be limited.



5. Plan Ahead and Prepare for Emergencies

- **Stock Essentials:** Keep medications, cold remedies, and other essentials handy in case of snow or power cuts.
- **Emergency Numbers:** Note emergency contact numbers, including the power outage hotline (105 in the UK), and keep a flashlight nearby.

6. Be Cautious Outside

- **Avoid Slips:** Wear shoes with non-slip soles, carry salt or sand to use on icy surfaces, and ask neighbours or family for help with snow clearing.
- **Winter-Ready Car:** If driving, ensure your car is serviced, and pack emergency supplies like blankets, a flashlight, and a windshield scraper.

7. Stay Connected

- **Check on Each Other:** Make time to call or visit friends, neighbours, or family members, especially those who may be isolated. A simple check-in can help prevent loneliness and ensure safety.

COMMUNITY INVOLVEMENT

Inspiring the Next Generation of Care Professionals at Lavington School's Career Day!

We had a fantastic time at Lavington School's Career Day on 27th November! It was amazing to meet so many bright and enthusiastic students interested in exploring careers in the care industry. Our team, Moses and Jess shared our journey, discussed career paths, and talked about the impact we can make in our community.

Thank you to everyone who stopped by—looking forward to seeing some of them join this meaningful field in the future!



Christmas Lights Switch-On Events in Wiltshire



**Right at Home
Chippenham
Christmas Gathering**
**18th December (Wed),
2:00-4:00pm**



**Join us for a
festive afternoon
at our
Chippenham
office!**

**Enjoy a merry day
filled with
Christmas
workshops,
crafting, and
friendly chat with
our team.**

RSVP: by 10th Dec



CHIPPENHAM

-  30th Nov, Sat
-  Performances by CLOGettes, Robbie Culley, and Wiltshire Police Band. Enjoy walkabout entertainment and children's creative activities
-  Santa abseils into Market Place, followed by lights switch-on at 4:55 pm.



MELKSHAM

-  7th Dec, Sat
2:00 pm - 6:30 pm
-  Christmas Market, Santa's arrival at 2 pm, live music, and festive fun
-  Lights switch-on and fireworks at 6 pm at Market Place, High Street, and Assembly Hall

DEVIZES WINTER FESTIVAL

-  29th Nov, Fri
-  Lantern parade, indoor and outdoor Christmas markets, and Window Wonderland (continues until 2 Dec).
-  Christmas lights switch on during the festival's launch.

CORSHAM

-  7th Dec, Sat
-  Christmas Market on the High Street starts at 3pm, followed by live music at 5pm outside the Town Hall. Enjoy fairground rides, games, and live music by the X'mas tree.
-  Father Christmas will appear just in time for the lights switch-on at 6pm.

CALNE

-  30th Nov, Sat; Santa Arrives: 2pm
-  Lights Switch-On & Fireworks: 6pm in Calne Town Centre
-  Local performers, food vendors, and family-friendly activities.
-  The celebration starts with Santa's arrival at 2pm, followed by the switch-on of the lights and fireworks at 6pm.



Join Our Festive Facebook Competition and Win a Christmas Hamper! 🎄

The holiday season is here, Right at Home Chippenham is giving you the chance to win a Christmas hamper filled with delightful treats and goodies, perfect for the holidays.

Joining is easy! The competition launches on our **Facebook page on 6th December**.

Follow these steps to enter:

- Like the competition post.
- Follow @RightatHomeChippenham.
- Tag friends who'd love to win—each tag is a new entry!
- Share the post to your story and tag us for a bonus entry.



The winner will be announced on **Friday, 13th December**, and the hamper will arrive just in time for Christmas!



OUR PEOPLE CORNER



Our Registered Manager, Caroline Evans, attended the 2024 Registered Managers' Conference, where care leaders celebrated achievements and explored innovations to elevate standards. Highlights included an inspiring keynote from Steve Judge - GOLD, projects like the Right at Home CareGiver e-bike, and insights from Sentai on using AI for personalised care.

Proud to be part of a community driving excellence in care!

We are pleased to welcome some of the new faces into the team.

We're thrilled to welcome five new CareGivers to our growing team, including Megan, Debbie, Joti, Maria and Matthew (from left to right). At Right at Home Chippenham, we ensure every CareGiver is fully equipped and trained before stepping into their vital roles in the community.

Our new team members have successfully completed an intensive 3-day training program, and some have already finished shadowing sessions and are ready to begin delivering exceptional care.



We're excited to have them on board & look forward to seeing positive impact they'll make!

Right at Home Chippenham

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our Brochure**