

The Stay Well this winter booklet

This booklet is designed to help you stay healthier this winter and help local NHS and Council services as they support you through the winter months.

Stay Well This Winter has five sections:

- ➡ Who Are You? – this section just has basic information about who you are and what you like to be called.
- ➡ Preparing for Winter - this section has a checklist of simple things you can do to get prepared for winter, protecting yourself and those you love before the winter weather sets in.
- ➡ Helping Us Help You - this section is where you can keep useful information that might be helpful to emergency services or other health or social care professionals.
- ➡ Planning for if something happens - this section has some short questions to help you set out your wishes if something happens and you aren't able to communicate with emergency services
- ➡ Visit Diary - this is the final section and this is where you can ask any health or social care professional who visits you to just write in their name, role and contact details and when they came to visit, so we can help services connect up in supporting you.

There is also a section at the end with useful information that can help you prepare for this winter.

All the questions in the booklet are optional and this is for you to keep at home somewhere that it can be seen by visiting health and social care professionals.

Who Are You?

This section is just to help health and social care professionals know a bit more about you if you aren't able to communicate for yourself with them.

What is your name:

What do you like to be called:

How old are you:

What is your home address:

Do you have any pets, If so what are their names and what kind of pet are they:

Does anyone live with you:

Who is the person you would like us to contact if there is an emergency.

Name:

Contact telephone number:

What is their relationship to you:

**Tell us a bit about your day to day life and what is normal for you,
just answer yes or no:**

Are you able to go outside to do your own shopping?

Do you cook and clean for yourself?

Do you normally have a good memory?

Are you generally sleepy after a short walk or doing some housework?

Do you often feel anxious, frightened or restless?

Do you often sleep during the day and remain awake at night?

Do you generally feel dizzy or unsteady on your feet?

Here are a few questions about your health that can help us in an emergency:

Are you allergic to any medications, if yes please list them

Are you allergic to anything else, if yes please list what you are allergic to:

Do you take any regular prescription medications? If yes, please list them:

Do you take any regular over the counter medication? If yes, please list them:

Do you have a pacemaker fitted? ☐

Do you have any of the following medical conditions (please tick)

- Diabetes ☐
- High Blood Pressure ☐
- Epilepsy ☐
- COPD ☐
- Asthma ☐
- Heart Failure ☐
- Dementia ☐
- Parkinson’s disease ☐
- Other

Have you had a fall in the last year?

Do you have dentures, glasses or hearing aides?

Preparing for Winter

This section of the booklet is a simple list of things you can do to protect your health and wellbeing as winter approaches. Just tick things off as you get them done to help you keep track of what’s still left to arrange.

There are two lists, the first one are things you only need to do once a year and the second list is to try and do every day to help you stay healthy this winter. Things to do at least once before winter comes:

Task	Completed	Date
Check if you have enough over the counter medicines for common winter issues like colds and sore throats and that they are in date.	<input type="checkbox"/>	<input type="text"/>
Check if you are entitled to any extra support for winter fuel bills or additional insulation for your home before it gets too cold.	<input type="checkbox"/>	<input type="text"/>
Has your boiler had its annual service by a qualified professional?	<input type="checkbox"/>	<input type="text"/>
Have you got a list of emergency numbers and any insurance documents together in case something breaks or leaks?	<input type="checkbox"/>	<input type="text"/>
Have you got some tins of food in the cupboard just in case you are ill or the weather stops you getting to the shops for a few days?	<input type="checkbox"/>	<input type="text"/>
Have you got well fitting slippers and shoes with good grip for the wet winter to avoid slipping or falling?	<input type="checkbox"/>	<input type="text"/>

Have you had your winter vaccinations to protect yourself from common winter infections:

Vaccination	Completed	Date
• Flu		
• Covid-19		
• Pneumococcal (if over 65yrs)		
• Shingles (if over 65yrs)		
• RSV (if over 75yrs)		

Check if you have enough of any prescription medication to cover the festive break.		
---	--	--

Things to tick off every day now and throughout the winter months.

(This page can be printed several times to be used for various months)

Month

[illegible]

Helping Us Help You

This section is where you can keep useful information that might be helpful to emergency services or other health or social care professionals.

Not everyone will have all of these services working with them, so only fill in what is important to you, if it doesn't apply then put N/A (not applicable) in the Name box so we know you don't have this type of support.

Type of individual	Name	Phone number
GP		
Pharmacy where you get your regular medication		
Social Worker		
Social Care Support Service		
Private Care Service		
Other NHS or Social Care Services e.g. podiatry, meals on wheels (1)		
Other NHS or Social Care Services e.g. podiatry, meals on wheels (2)		
Regular Volunteer Support Services (1)		
Regular Volunteer Support Services (2)		
Faith leader e.g. your Vicar or Iman		

Planning for if something happens

This section has some short questions to help you set out your wishes if something happens and you aren't able to communicate with health and social care professionals about your wishes.

Although we often don't want to think about the worst happening, it is helpful to have these conversations before you become seriously ill so that the people who love you know what you want to happen and also the health and social care teams supporting you can respect your wishes.

Action	Yes / No	Who is the key contact person who knows what you want
Have you talked to your next of kin about what you want to happen if you become seriously ill?	<input type="checkbox"/>	<input type="text"/>
Have you got an up to date will?	<input type="checkbox"/>	<input type="text"/>
Have you set up a Power of Attorney?	<input type="checkbox"/>	<input type="text"/>
Have you talked to your next of kin, or written down, what you would like to happen if you die?	<input type="checkbox"/>	<input type="text"/>
Have you discussed organ donation with your family?	<input type="checkbox"/>	<input type="text"/>
Do your next of kin know what you want to happen in terms of cremation or burial and funerals if you die?	<input type="checkbox"/>	<input type="text"/>

If you are getting older or have an ongoing health condition then it may be sensible to talk to your GP or your hospital care team about the ReSPECT process.

This is a process where you can set out clearly what your wishes are in relation to medical intervention and end of life care if something happens.

<https://www.resus.org.uk/respect/respect-patients-and-carers>

In some areas of the South West there are more detailed personalised care plan that you can work through with a healthcare professional and those closest to you.

Examples of these are:

One Gloucestershire – What Matters to Me Booklet

Cornwall Age UK - Life Book

Devon HOPE Programme (Help Overcoming Problems Effectively)

Dorset My Wellbeing Plan

Visit Diary

This is the final section and this is where you can ask any health or social care professional who visits you to just write in their name, role and contact details and when they came to visit, so we can help services connect up in supporting you.

Useful information

National Organisations & Helplines

Money Helper on www.moneyhelper.org.uk/en

Government Benefit Calculator www.gov.uk/check-benefits-financial-support

Citizens Advice National Phone Line (England): 0800 144 8848

UK Advice Line on 0800 169 65 65 and speak to one of our friendly advisers
(open 8am-7pm, 7 days a week, 365 days a year)

Silver Line Helpline on 0800 470 80 90

Run by Age UK is a free, confidential telephone service for older people.

Dementia UK Admiral Nurse Dementia Helpline on 0800 888 6678
email helpline@dementiauk.org

Carers UK Help and Advice Line on 0800 808 7777 (open Mon – Fri 9am to 6pm)

Useful Online Resources

Age UK Benefits Calculator:

www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/benefits-calculator/

Age UK Stay Well At Home Booklet:

www.ageuk.org.uk/siteassets/documents/stay-well-at-home/stay-well-at-home-newsletter-edition-1.pdf

Age UK Healthy Living Guide:

www.ageuk.org.uk/information-advice/health-wellbeing/healthy-living-information-guide/

Age UK Winter Fuel Payment Information:

www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/

Age UK Life Book:

www.ageuk.org.uk/siteassets/media/legacy/editable-lifebook-2024.pdf