



State of New York County of Broome Government Offices

Office for Aging

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FOR IMMEDIATE RELEASE

Cold Weather Safety for Older Adults

Winter weather poses many challenges for older adults dealing with snow, freezing temperatures, unsafe driving and walking conditions. Broome County Office for Aging encourages older adults and caregivers to consider the following winter and cold weather tips to:

- Avoid health complications caused by hypothermia by keeping warm inside and outside. Set the temperature in your home to a minimum 68 degrees Fahrenheit or higher. Close doors and heating vents in rooms you are not using. Keep your blinds and curtains closed. Dress warmly including when going to sleep. Keep hydrated and eat enough food to help you stay warm. Avoid spending too much time outside – if you must go out wear warm clothes including multiple layers, waterproof coat, hat and gloves.
- Plan for power outages caused by winter weather. If you lose power and are unable to heat your home stay with family or friends. If possible, avoid the use of space heaters as some may cause fires and/or carbon monoxide poisoning.
- Make a plan with relatives or friends to check on you during cold weather. To avoid falling, accept help from others to assist you with clearing walkways and handrails of snow and ice.
- Check your supplies of food, water, medications and emergency items such as batteries and flashlights. Have enough non-perishable food and water to last you a minimum of 3 days.
- When possible avoid driving in hazardous winter conditions. Instead ask friends or relatives for a ride to important medical appointments.
- Be a good friend to isolated older adults. If possible, check on their well-being or offer help with snow removal, grocery shopping and transportation needs. If you are concerned about an older family member, friend or neighbor don't delay checking on them.
(Source: National Institute on Aging)

Contact Broome County Office for Aging if you have any questions or concerns about how to prepare for and deal with winter weather. Visit our website at www.gobroomecounty.com/seniors or call 607-778-2411 to learn about our programs and services.

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