

# Winter Warmer Tips



## Keeping warm at home ...

**Blankets made of fleece or sherpa fabric** are lightweight yet warm, easy to wash and fast drying

**Weighted lap blankets** are warm and, for some people, have a calming effect

**Fleece gowns** are warm and won't slip off your shoulders like blanket or shawl might

**Bedsocks, fingerless gloves, hand and feet warmers and neck warmers** are all popular options

**Portable electric heaters** can heat a small space for a short time e.g. a bedroom when dressing

**Electric blankets** use little electricity. Make sure they display the British or European standard and a safety certification mark

**Have a hot bath** then wrap up warm

**Warm drinks and food** warm you from inside. Try special cups that keep drinks warm for hours or rechargeable coasters

**Draught excluders and radiator foil** can help retain heat in your home



## ... and out and about

**Hats, gloves, ear muffs and neck warmers** are essentials

**Thermal clothing** can help on really cold days

**Warm drinks on the go** in flasks or special cups that keep drinks warm for hours

**Rechargeable hand warmers** are useful both out and about and at home



## Other ideas

**“Use someone else’s heat”** by going out and about. Garden centres, warm spaces, libraries, cafes, social groups or cinema trips are popular options

**“Exercise helps”**. Keep moving to keep warm, whether that’s at home or out and about

**“Keep your skin covered”**. Even a thin layer of clothing, like a neck warmer, can make a difference

This information card has been produced by Trent Dementia in collaboration with people affected by dementia in Nottinghamshire.

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