LIVING ALONE

Be ready when you live alone

Work down the list this month. Tick as you go.

999 **Fallen and can't get up**
Or hurt your head, back, neck or hip.

105 **Power cut**
Free, in Great Britain. NI: 03457 643 643.

- [ ] 01 **Someone who checks on you**
A neighbour, friend or relative.
- [ ] 02 **A way into the home agreed**
A spare key with someone you trust.
- [ ] 03 **Phone charged by the bed**
With a power bank beside it.
- [ ] 04 **Personal alarm worn**
Or the mobile carried, room to room.
- [ ] 05 **Alarm supplier told**
Before the landline goes digital.
- [ ] 06 **Torch by the bed**
And one by the front door.
- [ ] 07 **Numbers written on paper**
Family, neighbours, GP, 105.
- [ ] 08 **Priority Services Register joined**
If you are over state pension age.
- [ ] 09 **Food for a few days in**
In case you cannot go out.

Fallen? Take your time. Roll onto your side before you try to stand.

WHO CHECKS ON ME, AND THEIR NUMBER

WHO HAS A SPARE KEY

FAMILY TO CALL

GP SURGERY