

Warm Healthy Homes Checklist

You may wish to use this checklist when on home visits, or talking to people presenting with cold-related illnesses, as a reminder, to identify who may need help through the Warm Healthy Homes scheme -

1. What to look out for / what they say:

- | | |
|--|---|
| <input type="checkbox"/> Home feels cold | <input type="checkbox"/> Not all rooms are heated |
| <input type="checkbox"/> Home feels draughty | <input type="checkbox"/> Additional heating from electric fires, fan heaters, oil-filled radiators or bottled gas |
| <input type="checkbox"/> Home feels or smells damp | <input type="checkbox"/> Runs heating infrequently |
| <input type="checkbox"/> Signs of damp
- excessive condensation: windows, walls
- mould: walls, ceilings, around windows | <input type="checkbox"/> Vents are covered or blocked |
| <input type="checkbox"/> Residents wear excessive clothes, use hot water bottle or electric blanket to keep warm | <input type="checkbox"/> Attempts at draught-proofing |
| <input type="checkbox"/> Live in a limited number of rooms: stays in bed / one location, avoids moving | <input type="checkbox"/> Curtains are closed during day to keep in heat |
| <input type="checkbox"/> No visible form of heating | <input type="checkbox"/> Use a prepayment meter due to / to avoid debt |
| | <input type="checkbox"/> Money owed, or afraid of high bills |

2. Health conditions made worse by cold homes:

- | | |
|---|--|
| <input type="checkbox"/> Stroke / heart attack | <input type="checkbox"/> Ulcers / injuries slow to heal |
| <input type="checkbox"/> Pneumonia | <input type="checkbox"/> Allergic rhinitis, conjunctivitis, eczema |
| <input type="checkbox"/> Bronchitis, COPD | <input type="checkbox"/> Restricted mobility |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Long term conditions worse in winter, or increased incidence of colds / flu |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Mental health: Depression, stress |
| <input type="checkbox"/> Suffer slips / trips / falls | <input type="checkbox"/> Sickle cell anaemia / thalassaemia |
| <input type="checkbox"/> Diabetes | |
| <input type="checkbox"/> Poor circulation | |

If you notice any of the triggers in **1**, and the resident has any conditions in **2**:

Refer to **Vale & Dale** Home Improvement Agency -
01609 767983 or valeanddale@broadacres.org.uk

If you think a patient has a condition which may be made worse or caused by their cold damp home (e.g. those overleaf), refer them ASAP to Vale & Dale - they will organise a home visit, carry out a Warm Healthy Homes Check, and organise or refer people for appropriate help.

This project enhances current provision - as well as identifying and referring those eligible for existing insulation and heating schemes, householders who fall outside the current eligibility criteria can also get help to stay warm and healthy. The pilot runs until end April 2014.

The type of help available includes:

- Cover “customer contribution” for energy efficiency work undertaken by another scheme, if the resident cannot afford it,
- Emergency heating repairs, when delays waiting for other schemes or where no other funding is available, could be hazardous to health,
- Remove “barriers” preventing insulation / energy efficiency works being carried out e.g. loft clearance, damp-proof course works, asbestos assessment etc.,
- Best Tariff – payment and switching options,
- Referral for fuel debt advice,
- Referral to advice on stopping smoking, healthy eating, opportunities for social interaction and physical activity.

More laminated A5 copies of this checklist can be sent to you. If you would like more information about the project, or to get involved - particularly if there is an opportunity for us to come and brief your staff early in the New Year - please contact Hambleton’s Sustainable Development Officer, Bryony Wilford on 01609 767160, or sustainable.development@hambleton.gov.uk.

Hambleton District Council, NEA - the National Energy Action charity and North Yorkshire Public Health are providing funding, and working with Hambleton, Richmondshire & Whitby CCG, Children’s Services, Adult Social Care Services, plus voluntary / third sector organisations active in the area.



Campaigning for Warm Homes

