

## An essential service being offered by Age Cymru -

### Safe & Well Checks for Older People in Powys

We have all been advised to take measures to help protect us from the Coronavirus. This is particularly important for people over 70 and those with underlying health conditions because they are at higher risk of developing more severe symptoms if they become infected.

We have taken the decision to focus our delivery at the moment to deliver Safe & Well Checks for older people across Powys over the telephone with our team. We will be providing guidance and support, advising on how to put plans in place so that you can remain safe during this difficult time.

Through these Safe & Well Checks we are also gathering information to develop our support based on the needs and issues faced by local older people. Like issues with getting shopping, collecting prescriptions and managing caring responsibilities, loneliness and isolation. In addition to this we are working with local communities and groups and other organisations to help you with these issues to provide help and advice on accessing support that you may require. Call us on 01597 825908 / 01686 623707 or email: [enquiries@acpowys.org.uk](mailto:enquiries@acpowys.org.uk) to arrange a Safe & Well Check or for more information.