



# News For Older Americans

## Energy Tips For Colder Weather

(NAPSA)—Here's news that may warm your heart—and your home.

There's now a new resource from the Eldercare Locator to help keep older adults safe and warm during the cold weather months. It's a brochure called "Winter Warmth and Safety: Home Energy Tips for Older Adults," and it provides tips about preparing a home for winter weather and saving money on energy expenses.

### Hints To Help You

The brochure suggests you:

- Make sure your home is energy efficient by installing a programmable thermostat and sealing and insulating ducts.
- Learn about energy assistance programs such as the Low-Income Home Energy Assistance Program (LIHEAP) and utility no-cutoff programs.
- Avoid the risk of home fires by not using your stove or oven to heat your home.
- Make sure carbon monoxide detectors are installed and working properly.
- Learn about Weatherization Assistance Programs (WAP).
- Be sure to schedule a check-up of your heating equipment. Dirt and neglect are the No. 1 cause of heating system failure.



**Older people may be more susceptible to the cold than others, but a few simple steps can help keep them warm and safe at home.**

- Insulate water pipes to avoid freezing and bursting. Be sure to drain and turn off outside waterspouts.
- Identify alternative living arrangements should extreme weather conditions occur. Have a plan ready.

### Learn More

For further tips and a free copy of the brochure, which is available in English and Spanish, call (800) 677-1116 or download it at [www.eldercare.gov](http://www.eldercare.gov). The Eldercare Locator is a public service of the U.S. Administration on Aging.