<table>
<thead>
<tr>
<th>Time</th>
<th>Cold Homes and Flu Vaccination - Trainer Notes</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Prep</strong></td>
<td>Trainer aims of this session</td>
<td>Laptop, speakers, memory stick</td>
</tr>
<tr>
<td></td>
<td>• To raise awareness of those vulnerable to cold homes and the impact it can have on a person’s health and well-being</td>
<td>Pens and Paper Flu leaflets For trainer: Slideshow hand out, trainer notes.</td>
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<tr>
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<td>• To provide information on how to identify signs of a cold home when conducting a Safe and Well visit</td>
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<td>• To provide information on immediate interventions GMFRS can offer and how to signpost or refer individuals to appropriate services</td>
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<td>• To raise awareness of who is eligible for signposting for flu vaccination.</td>
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<td>• To enable us to confidently signpost and give out leaflet information to these vulnerable groups during a Safe and Well check.</td>
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<td>• To reduce risk of flu to these groups of people.</td>
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**Test/check**

Check that PowerPoint slides and embedded or hyperlinked videos are working before you go to deliver the training.

Ensure projector, laptop, speakers are available and confirm the total number expected at the training.

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**Slide 1**
**Title slide and Introduction**

Welcome and introductions

PowerPoint

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**Slide 2**
**Cold Homes - Aims of the sessions**

Trainer to read through slide and give brief overview of the aims of the session

PowerPoint
**Slide 3 – Cold Homes**

**Introduction**

- Elderly aged 75+
- Those with medical condition such as heart, chest or circulatory problems, falls/mobility problems, depression and dementia
- Those living on their own

**POINTS TO RAISE** -

- Being cold can make underlying health problems much worse for example; heart disease, strokes and breathing problems. Being too cold can also increase the risk of trips and falls, which can be very dangerous for the elderly and frail.
- Evidence suggests a strong link between Excess Winter Deaths and cold homes but not socio-economic deprivation.
- Excess winter deaths do not just occur in the poorest households, all of the most vulnerable are at risk if they live in a cold home.

**Slide 4 – Cold Homes – signs to look for when completing Safe and Well visit**

**POINTS TO RAISE –**

- Public Health England guidance suggest that these are the signs to look for to identify if someone is living in a cold home
- GMFRS staff are to look for these signs when completing a Safe and Well visit in properties
- The next two slides will detail what to do if there is an indication
that the client has a cold home.

Slide 5 – What to ask?

Trainer to go through points on slide –

**POINTS TO RAISE –**

• The information on this slide details questions to ask a client if there is an indication that they are living in a cold home / suffering from fuel poverty

• The client should be asked these questions to provide GMFRS Staff with a fuller picture of circumstances and if further intervention is required e.g. signposting / referral

Slide 6 – Interventions

Trainer to go through slide and expand on points as required.

**Trainer to go through immediate and specialist interventions – waiting for exact confirmation of what these will be.**

**POINTS TO RAISE -**

**Immediate Interventions**

• Thermometers to be provided to provided – **AWAITING CONFIRMATION ON EXACT CRITERIA**

• Leaflets to be issued to clients – winter wellness and flu vaccinations

• **AWAITING CLARIFICATION ON OTHER IMMEDIATE INTERVENTIONS GMFRS WILL CARRY OUT DURING SAFE AND WELL VISITS**

**Specialist Help**

• Local services in each area may vary in what is provided and how help is accessed.

• Ideally local areas should provide a single point of contact service to
provide solutions tailored to an individual’s needs.

- It is important to find out eligibility criteria and referral processes in your area – EMPHASISE THIS POINT

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<tr>
<th>Slide 7 - Questions</th>
<th>Trainer to ask delegates if they have any questions.</th>
<th>PowerPoint</th>
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<tr>
<th>Slide 8 - Title slide and Introduction</th>
<th>Trainer to introduce next section of module 2</th>
<th>PowerPoint</th>
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<thead>
<tr>
<th>Slide 9 – Aims of the session</th>
<th>Trainer to read through slide and give brief overview of the aims of the session</th>
<th>PowerPoint</th>
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| Slide 10 – Eligibility | POINTS TO RAISE -
- The National flu immunisation programme is an annual programme offering flu vaccination to people who are most at risk of flu.
- The flu vaccine is required each year as the flu viruses’ change over time and new vaccines are required for each flu season.
Those eligible for flu vaccination include: | PowerPoint |
|-----------------------|---------------------------------------------------------------|------------|
• All those aged 65 years and over
• Those aged 6 months to under 65 years with long term health conditions that put them at risk from flu (such as asthma, diabetes, heart conditions)
• Pregnant women
• Those in long stay residential care homes.
• Carers

The programme is also being extended to some healthy children to help protect them from flu as well as reduce transmission of flu from them to other age groups.

Child eligible for flu vaccination include:

• All 2, 3, 4 year olds (but not 5 years and older) on 31st August 2015
• All children of school years 1 & 2 (that is 5 and six year olds and those aged 7 provided they are in year 2)

All frontline health and social workers are offered flu vaccination by their employer. This includes general practice staff.

Flu vaccination takes place every Autumn, ideally before flu starts circulating.

Vaccination generally starts late September/early October once vaccine becomes available and can continue up to the end of January however ideally it should be given earlier than this.

**Slide 11 - Signpost**

**POINTS TO RAISE -**

Fire and Rescue staff who enter people’s homes are well placed to signpost members of the public for flu vaccination.

Staff may:

• Indicate to members of the household that they MAY be eligible for flu vaccination
• Provide them with a copy of the leaflet ‘Flu vaccination winter 2015 to 2016 who should have it and why’
• Recommend that they speak to their GP practice to arrange an appointment or in some parts of the country flu vaccination may be
<table>
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<tr>
<th>Slide 12 – Do not give out clinical advice</th>
<th>POINTS TO RAISE –</th>
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<tbody>
<tr>
<td></td>
<td>• GMFRS staff should not endeavour to give clinical advice - the decision of who is eligible for flu vaccination and the suitability of the flu vaccine is a clinical judgement made by the healthcare practitioner providing the vaccine.</td>
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<td>• Those over 65 years of age will be the easiest eligible group to identify and signpost to services.</td>
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<td>• Those who are eligible for flu vaccination who have a long term condition may not be easy to spot and therefore not easy to identify.</td>
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<tr>
<th>Slide 13 – Questions</th>
<th>Trainer to ask delegates in if they have any questions and conclude session.</th>
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<td>Trainer to provide delegates with feedback form and request completion.</td>
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PowerPoint