



# Eric's tips for elderly tenants



 Avoid falls – worn out slippers are one of the biggest causes of falls in the home. If you need to go out, wear shoes with plenty of grip.


 Pay all bills by Direct Debit – avoid the anxiety of queuing up at a counter! Did you know that you can pay your rent by Direct Debit any date of the month?



 Stay warm – Have regular hot meals and drinks.

 Keep warm – several layers of thin clothing is better than just a few layers of thick clothing.

 Make sure you take advantage of the winter fuel payment.  
Tel: 0808 800 656 for more details.

 Register with the Telephone Preference Service. This should stop all unwanted cold calling. Register on: [www.tpsonline.org.uk](http://www.tpsonline.org.uk) or ring 020 72941 3320 for unwanted phone calls.

For unwanted mail – ring 020 7291 3310.

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