



Tips for a Warm Home from Foundations Independent Living Trust



1. **Have your heating system serviced.** Your local home improvement agency (HIA) can access the [FILT Gas Safe Charity fund](#) for servicing boilers and gas fires. Install an audible carbon monoxide alarm and keep air vents clear, as fires and heaters need good ventilation.
2. **The ideal temperature is 64°F (18°C) for your bedroom and 70°F (21°C) for your living room.** Check that you know how to use your thermostat and how to control your heating. There may be help available from your local [HIA](#), for things like radiator valves which give you more control over your heating.
3. **Small, low-cost changes can help keep your home warm.** Close the curtains when it gets dark and fit thermal linings to them if you can. This will help keep the heat in. Fit reflective panels behind radiators. Fixing draught strips round doors and windows can also make a difference. If you have an open fire and don't use it, block the chimney with a 'chimney balloon'. Lots of HIAs have a handy person service which can help with these kinds of work.
4. **Insulate** If your loft is not insulated or has insulation less than 4 inches (100mm) deep, you may be able get full depth or 'top up' to 10 inches from energy companies like [British Gas](#). If your home has cavity walls, you may also be able to get these insulated.
5. **Keep your home warm** If your heating is faulty or breaks down and you have a cold-related health condition, you may be able to get help from schemes such as [Health Through Warmth](#) from npower (you don't have to be or become an npower customer)
6. **Make the most of help towards your heating costs** You may be eligible for Warm Homes Discount from your electricity supplier. Ask your energy provider about the Priority Services Register for older and disabled people. Services may include the option of having bills in Braille or large-print text or talking bills and (if you meet certain criteria) free annual gas safety checks, specially designed appliance controls and adaptors, alternative facilities for cooking and heating if your energy supply is interrupted and /or free annual gas safety checks. If you are in debt to your energy provider, you may be able to get help from Charis Grants.

Contact:

To find your local Home Improvement Agency, visit
<http://www-foundations-uk-com/hia-search> or call 0300 124 0315