

Seniors and Summer Heat

Seniors are especially at risk in high heat situations. Large stretches of Australia are experiencing extreme temperatures at the moment. Care providers need to check on the elderly regularly.

Ask how things are going. Do not accept the first answer. We all want to say, "Oh, I'm ok, don't worry." The person may not realize they are suffering from heat exhaustion. Invite them into an air conditioned room. Anything to get out of the heat for a while.



10 Tips: Keeping Seniors Safe in Summer Heat

1. Drink plenty of liquids — eight or more glasses per day of water or natural fruit juices – every day to stay hydrated.

2. Avoid caffeinated and alcoholic beverages.

3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton and dress in light colors that will reflect the sun & heat instead of darker colors that will attract them.

4. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of 30 SPF or more.

5. Stay indoors during extreme heat.

6. If you do not have air conditioning, go somewhere that does. A movie theater, the shops, a friend or relative's home or a community senior center are all good options.



7. If you need to get out of the house and don't drive a car, call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.

8. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.

9. Temperatures inside the home should not exceed 30c degrees for prolonged periods of time.

10. Know the signs of heat stroke (e.g flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on



Resources:

<http://www.seniorark.com/heat%20warning.htm>

