



Summer Heat

July 2020

Senior Management Services

For many of us living in the northeast part of the country, we are entering the hotter days of the year this month and next. Although touched on before, it is important as a caregiver to consider the impact on your loved one during these hot months.

The CDC confirms that older adults are more susceptible to heat exhaustion and heat related illnesses for a few reasons. Their bodies do not adjust as well to the sudden changes in temperature and some of their body's ability to cope with the high temperatures could be impacted by the prescription medications they are taking. Additionally, any chronic medical conditions they may have can impact normal body responses to heat.

These are a few tips to remind your older loved one of during these summer months, so they can keep healthy and cool.

- Try to utilize air conditioning and stay in air-conditioned buildings. If your loved one needs assistance with this utility, you can reach out to their local Office on Aging for their county.
- Encourage your loved one to stay hydrated. We often wait until we are thirsty to drink, and that can lead to dehydration.
- Do not use appliances such as the oven that make the home hotter during these months.
- If they do plan to go out, encourage them to wear loose fitting and light weight clothing.
- A cool bath or shower can help them cool down if they do become over heated.

Especially if your older loved one lives alone, it may be a good idea to increase or schedule frequent check-ins to them during the hotter days. For active older adults, reviewing these tips and others can help them to still enjoy these summer days while staying safe.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.