

Beat the Heat! Summer Help for Seniors

**Did you know that the National Institute on Aging reports
most people who die of heat-related illnesses are older than 50?**

Seniors and their families can create a summer safety plan by organizing a neighbourhood “buddy system” to check on those who may be more vulnerable during a heat wave. Senior Home Care by Angels can help those with far away loved ones to ensure that older adults can continue to live at home, safely and comfortably.

Tips to Beat the Heat

You may not be able to control the temperature outside, but here are a few things you can do to keep your senior loved ones safe during a heat wave:

- Always avoid direct sun and the heat.
- Always close blinds, drapes & windows to keep the heat out of the home.
- Only open windows and doors if it is cooler outside than it is inside.
- Eat small meals and avoid alcohol.

- Use cool damp towels on wrists and the back of the neck.
- Wear loose fitting, light clothing.
- Stay in cooler areas of the home using air conditioning, ceiling or free standing fans.
- Electric lights create heat when turned on, so do your best to avoid lighting during the day.
- Minimize your activities during the hottest period of the day (usually 11 a.m.–4 p.m.).

No Air Conditioning?

If air conditioning is not available in the home, consider a trip to one of the following facilities:

- Local Libraries
- Senior Centers
- Community Centers
- Movie Theaters
- Shopping Malls
- Places of Worship
- Supermarkets & Grocery Stores



Age Related Risk Factors

Long exposure to high outdoor temperatures isn't safe for anyone, especially older adults at risk of suffering heat-related illness. In fact, Health Canada reports they are at increased risk during extreme heat events.

Due to normal aging-related changes, older adults are sometimes unable to recognize when they become overheated. They may not adapt to changing

temperatures or are unable to exert themselves like when they were younger.

Certain health problems may also put seniors at further risk for heat-related illness. While seniors with communication impairment may have trouble expressing heat concerns.

Heat-Related Illness

Cramps (soreness, not life threatening) are symptoms of overworked muscles, which can cause painful muscle

spasms. Rest and hydration, along with stretching and massage are key to treating these cramps.

Heat Exhaustion (sickness, moderate monitoring required) is heavy sweating resulting in loss of fluids and electrolytes due to excessive activity. Symptoms can include feeling weak, lightheaded while walking or standing, headache, nausea, vomiting, and “clammy” skin.

Heat Stroke (life threatening, contact 911) happens when the body's cooling system

becomes overloaded, due to excessive activity. Individuals can become lethargic, disoriented and possibly combative. In some cases, a loss of consciousness may occur, along with seizures and hot skin which feels both moist and dry. Call 911 and cool the individual with fans and water while awaiting responders. Remove clothing and apply cool compresses at the groin and armpit areas, but do not submerge in cold water.

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/fact-sheet-staying-healthy-heat.html>

Locally Owned & Nationally Known

The following services can be provided for a few hours a day up to 24/7 care.

Bathing & Dressing Assistance
Assistance with Walking
Medication Reminders

Errands & Shopping
Light Housekeeping
Meal Preparation
Companion Care

Respite Care for Families
Transitional Care
End-of-Life Care



Call for a FREE Consultation

519.653.8185

Senior Home Care by Angels Cambridge and Guelph

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