

## Senior Winter Safety Preparing for Colder Days

**Did you know half of hypothermia deaths occur in people over the age of 75?**

When faced with the challenge of long distance caregiving, unexpected weather may affect the health and safety of your senior loved one. When you can't travel long distances, a Senior Home Care by Angels caregiver can check in on your loved one and provide the needed support for those whose loved ones live far away.

### Tips for Winter Safety

Before winter approaches, have the following emergency supplies on hand:

- Rock salt or more environmentally safe products to melt ice on walkways.
- Sand to improve traction.
- Snow removal equipment (i.e., shovels, etc.).
- Sufficient heating fuel in case you become isolated in your home.
- Adequate clothing and blankets.
- Battery operated two-way radio.

- Make a family communications plan in case of separation, stranding or loss of power.

- A separate disaster supply kit stored in your vehicle.

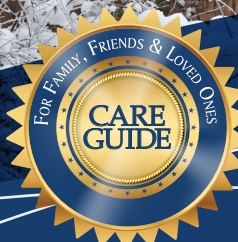
### Storm Preparation

The following tips can be utilized to improve safety before extreme weather occurs:

- Clear rain gutters, repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

- Extend the life of your fuel supply by installing storm windows or covering windows with plastic from the inside.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- All fuel-burning equipment should be vented to the outside and kept clear.
- Learn how to shut off water valves (in case a pipe bursts).
- If possible, clear snow from roofs to avoid excessive build up.
- Bring pets/companion animals inside.

<https://www.canada.ca/en/services/environment/weather/severeweather.html>



### Cold Weather Hazards

**Hypothermia** is a serious condition occurring when the body temperature falls below 35°C. It requires immediate medical attention.

Warning signs of hypothermia may include:

- Slowed breathing or heart rate.
- Imbalance or clumsy movements and stumbling.
- Cold skin that is pale or ashy.

- Uncontrollable shivering.
- Feeling tired and weak.

As soon as there are concerns of hypothermia, call 911.

The following tips may assist while awaiting the arrival of emergency responders:

- Wrap individual in a warm blanket covering the body and head.
- Avoid drinking caffeine and alcohol, which can worsen the condition. (Monitor any fluid intake for difficulty swallowing).

**Frostbite** is when the skin and body tissues are exposed to cold temperatures for a long period of time. The hands, feet, nose, and ears are the places most susceptible.

Warning signs of frostbite may include:

- Pins and needles, followed by numbness.
- Hard, pale, and cold skin.
- Aching, throbbing or lack of feeling.
- Red and painful skin and muscle as the area thaws.

You may take the following steps while awaiting emergency responders:

- Shelter the person from the cold and move him or her to a warmer place.
- Look for signs of hypothermia (lowered body temperature) and treat that condition first.
- Remove any tight jewelry and wet clothes.
- If medical help is not nearby, you may give the person rewarming first aid, but do not rub the affected area.

### 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

1730 Bishop St. N #3, Cambridge ON, N1T 1N5 | [SeniorHomeCareByAngels.com/Cambridge](http://SeniorHomeCareByAngels.com/Cambridge)