

Who Is At Risk and Why

Reduce the Risk

The elderly, very young, physically impaired, obese and those that have been prescribed certain medications are the most susceptible to heat related illnesses.

Some prescription medications can have negative side effects if the user has prolonged exposure to the sun or takes part in outdoor physical activities in very hot weather.

Certain medications (e.g., diuretics, anti-psychotics, tranquilizers, antidepressants, blood pressure medications and over-the-counter sleeping pills) can impair the body's ability to regulate its temperature or inhibit perspiration under similar conditions. All of these risks are amplified when combined with alcoholic beverages.

Seniors, and their families, should always read the warning labels on medication and check with a physician or pharmacist to avoid harmful side effects. Never alter or change a medication schedule without consulting a physician first.



- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Errands
- Shopping
- Doctor Appointments
- Respite for Family Caregivers
- Rewarding Companionship

Solution ...



Beat The Heat! Summer Help For Seniors

Ways to Help Seniors Beat the Heat



**A guide for family, friends
and loved ones**

Senior Homecare
by Angels

from
Canada's Choice in Homecare

Each agency privately owned and operated.



Preparing and Dealing With a Heat Wave

Recognizing a Heat Related Illness

Problem	Reason	Symptoms	Treatment
Cramps (soreness)	Overworked muscles. Fatigue. Low electrolytes. Lack of water (dehydration).	Muscle cramping of the shoulders, calves & thighs. Painful muscle spasms.	Rest and hydration using electrolyte solutions. ie: Gatorade, PowerAde ...etc. Stretching and massaging affected muscles.
Heat Exhaustion (sick)	Heavy sweating results in loss of fluids & electrolytes Excessive activity.	Sick feeling, weakness. Lightheaded when vertical - standing. Headache, nausea and vomiting. Skin cool and "clammy" to the touch.	Cease activities. Relocate to a cooler area. Rest Replenish fluids, electrolytes using "sips". Medical assistance may be necessary.
Heat Stroke (life threatening)	Body's cooling system is overloaded. Severe dehydration. Excessive activity.	Lethargic, disoriented possibly combative. In some cases unconsciousness may occur. Seizures are common. Hot skin that feels moist yet dry.	Call 911 Cool the individual down with whatever you have available; Cool water, fan, remove clothing, ice packs at the groin and armpit areas.

Preparation

- ✓ Be sure to contact all physicians related to your loved one and check to see if they are on a fluid-restrictive diet.
- ✓ Prepare in advance at least one gallon of water per person, per day and refrigerate.
- ✓ Collect all essential medicines they may be taking along with all prescription information and keep them in a cool location in the home.
- ✓ Keep a list of the names, addresses, phone numbers for all doctors and pharmacists.
- ✓ Stock up on some nonperishable, easily prepared snacks and fluids such as juices, fruits & water.
- ✓ Always check-in before, during and after the hottest points of the day.
- ✓ Organize a neighborhood "buddy system" using friends, family and neighbors to check on your loved one either in person or by using the phone.

Tips For Beating the Heat

- ✓ 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.
- ✓ Minimize your activities during the hottest period of the day - usually 11 a.m. - 4 p.m.
- ✓ Eat small meals and avoid fats, proteins, sugars and especially alcohol.
- ✓ Wear loose fitting, light weight 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.
- ✓ Use cool damp towels on wrists and the back of the neck.
- ✓ If you don't feel comfortable leaving your loved one alone, seek assistance.

No Air? Relief Could Be Closer . . .

If no air conditioning is available in the home, consider a trip to one of the following facilities.

- ✓ Local Libraries
- ✓ Senior Centers
- ✓ Community Centers
- ✓ Movie Theaters
- ✓ Shopping Malls
- ✓ Churches - Temples - places of worship
- ✓ Supermarkets - Grocery Stores

