



Senior Heat Risks



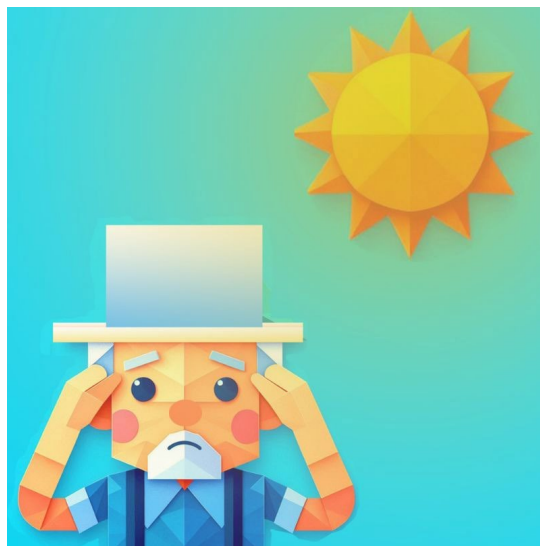
During the heat of summer, **seniors are more likely to be at increased risk for heat-related illnesses**. Older adults may not adjust as easily to sudden temperature changes, and certain health conditions or medications can make it harder for the body to stay cool. Heat stroke can be life-threatening if it is not recognized and treated quickly.

Warning signs of heat-related illness can include:

- ***High body temperature (103°F or higher)***
- ***Hot, red, dry, damp, flushed, or very pale skin.***

- ***A fast and strong pulse***
- ***Confusion, headaches, dizziness, and nausea***

If you notice any of these signs in yourself or someone else, call emergency services immediately and move the person to a cool, shaded area. While waiting for help, try to cool the person down with wet cloths, or a cool bath if it is safe to do so. Offer small sips of **room temperature** water (**NOT iced water**) only if they are fully awake and alert.



Things seniors can do to lower the risk of heat-related illness:

- **Drink plenty of water** or beverages that contain electrolytes. Avoid alcohol and caffeinated beverages, which can contribute to dehydration.
- **Keep your living space as cool as possible.** Limit use of the oven, keep shades or curtains closed during the hottest part of the day, and open windows at night if it is cooler outside.

- If your living space is too hot, **spend time in an air-conditioned place** such as a shopping mall, movie theater, library, senior center, or a friend's home. You can also contact your local health department to find out whether air-conditioned shelters are available in your area.
- **Dress for the temperature.** Wear lightweight, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- If you must go outside, **limit your time outdoors**, avoid crowded places, and try to schedule activities during the cooler parts of the day.
- **Ask your doctor** whether any of your medications may make you more likely to become overheated or sunburned.



Staying safe in hot weather often comes down to **planning, staying hydrated, and knowing when to ask for help.**

With a few simple precautions and quick action when symptoms appear, heat-related illness can often be prevented before it becomes an emergency.

Sources

[CDC - Heat and Older Adults \(Aged 65+\)](#)

[National Institute on Aging - Hot Weather Safety for Older Adults](#)

Assisted Transport Service Available



Does a senior in your life need **extra help getting to and from appointments and errands**? Vivia can **provide transportation and give hands-on help** before, during and after a visit.

- A Vivia Assistant can **take a senior to doctor appointments and help them transfer from vehicle to wheelchair to an examination chair**. The Vivia Assistant can even stay with the

client, call a family member to participate, and provide the doctor's after care summary.

- Vivia can **assist a senior during errands** like visits to hairdressers or grocery shopping if they need stand-by assistance or have memory challenges.
- Families can **schedule set times** for pickups with advanced notice, subject to schedule availability.

For more information about Assisted Transport
call a **Vivia Navigator at 888-484-2250**

Aging Ain't Easy - A Blog by Bonnie Castonguay



Bonnie Castonguay, the Co-Founder of Ho'okele Health Navigators writes a blog titled "**Aging Ain't Easy**" where she shares her insights and observations about senior care. [You can check it out here](#)