



## **Dorothe**

Dorothe, a vibrant 75-year-old woman, recently moved with her husband from a family home to a modern apartment. She's an energetic, optimistic person, embracing life with enthusiasm.

When asked about her experiences with heatwaves, Dorothe shared that she copes with them quite well. "I personally handle heatwaves fine," she said with a smile. "I'm always nicely tanned, and with my dark hair, I sometimes think I was born in the wrong country." Heatwaves don't usually bother her, though she admitted that the intense heat a few years ago made it harder for her to sleep at night.

When the temperature rises, Anne adapts her routine. "I just slow down a bit and drink more than usual. Water. I don't normally feel thirsty, but I remind myself to drink extra when it's hot." She used to enjoy sunbathing, but now she prefers to sit in the shade under a parasol.

Anne is aware of some health risks related to heatwaves. "I know skin cancer from the sun is a concern, but that's not really about heatwaves specifically. I'm not sure how it affects your heart, but I do know to take it easy. Dehydration is dangerous too, which is why I make sure to drink more water. But honestly, I don't think about it too much because the heat doesn't affect me that badly."

Her approach to avoiding heatwave discomfort is simple: "Slow down, drink a lot, and stay in the shade." She learned these habits from the news, where older people are often reminded to take care during heatwaves.

At home, Anne and her husband have automatic cooling systems. "We have these electric, transparent sheets for the windows in both the living room and the bedroom, so the house stays cool. I don't purposely go out to places like the beach during a heatwave—you really shouldn't be outside then."

For now, Anne doesn't feel she needs any special support during a heatwave. "If you're unwell, maybe you'd need help, but right now, we're together and we look out for each other."

When it comes to staying informed, Anne gets her updates about heatwaves from the TV news. But she thinks municipalities could do more to help people cope with extreme heat. "They should think about adjusting the way houses are built—installing cooling systems, like heat pumps, and putting special sheets on the windows. They could also set up a network for

people who are alone and might struggle to take care of themselves during a heatwave. Maybe home care services could help with that."

As for helping others, Anne isn't actively seeking out ways to assist older people, but she stays in touch with her siblings, who are also aging. "We talk about it sometimes, but they're smart enough to know how to handle it."

Her advice for older people during a heatwave is practical and straightforward: "Take it easy and drink plenty of water. What else can you suggest? It's too hot to go outside, so just stay in and keep cool."



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