BEAT THE HEAT

Caregivers Guidelines

Heatwaves are described as periods of unusually hot weather/high temperatures, that last for a couple of days or more and have a high impact on people's health, especially older adults, and it can be fatal. Therefore, a set of guidelines have been developed to help older adults and caregivers to better cope with the heat.



Care Measures

Practical Tips



- Consult a doctor/pharmacist about **medication**
- When making the bed put less clothing and seek cotton, silk or linen materials
- Avoid having any heat-producing appliances on (e.g. lamps, TV)
- Visit older adults and more vulnerable people regularly
- Discuss extreme heat to raise awareness and increase knowledge
- Baths and showers should be with lukewarm water, or cold, when overheated
- Seek available training on heat-related emergency treatment
- In case of severe **heat symptoms**, call emergency contacts
- Offer fluids and liquids regularly (except for older adults suffering from heart-failure)
- Don't overdo the cold of air conditioning (no more than 6 **degrees** colder than the temperature **outside**)
- Change older adults clothing regularly, because of heat accumulation
- Older adults should wear a hat, sunglasses and sunscreen when outside
- Do a regular check-up on older adults' weight as dehydration can reduce it
- Do a regular check-up on the older adults' blood pressure
- Always have water accessible
- Control the hours of sleep of older adults (heat makes us sleep less)
- Recommend a healthy and well-balanced diet



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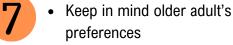
Emergency Contacts:

Insert relevant local

contacts







vegetables

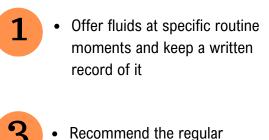
glasses



Stay aware of dehydration symptoms



Keep older adults comfortable to express themselves



consumption of fruit and

Encourage older adults

buying hats and dark tinted



- Older adults with a specific medical history should consult their doctor before increasing the ingestion of fluids
- Check if the older adult's clothing and shoes are comfortable enough
- Ensure good accessibility to different forms of hydration



- Ensure good accessibility to toilet facilities
- Be aware of fruit with too much sugar



- Keep your colleagues close to you and do a regular check-up with them;
- Wear comfortable clothing of natural materials;
- Take breaks and cool down in air-conditioned rooms whenever possible;
- Use protective and safe equipment at work;
- Use sunscreen, a hat and sunglasses when outside;
- Avoid liquids with a high sugar content;
- Keep hydrated and avoid alcoholic beverages;
- Try to alternate work shifts, if possible;
- Be aware of possible symptoms of exhaustion

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