

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



- 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

Practical Tips

- 1 • Offer fluids at specific routine moments and keep a written record of it
- 2 • Older adults with a specific medical history should consult their doctor before increasing the ingestion of fluids
- 3 • Recommend the regular consumption of fruit and vegetables
- 4 • Check if the older adult's clothing and shoes are comfortable enough
- 5 • Encourage older adults buying hats and dark tinted glasses
- 6 • Ensure good accessibility to different forms of hydration
- 7 • Keep in mind older adult's preferences
- 8 • Ensure good accessibility to toilet facilities
- 9 • Stay aware of dehydration symptoms
- 10 • Be aware of fruit with too much sugar
- 11 • Keep older adults comfortable to express themselves

Self-care Measures

- 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

