



Laura

Once upon a time, there was an 83-year-old woman, Laura was her name, who lived in a cozy apartment. Over the years, she had experienced several bouts of extreme heat, which she found quite challenging. During these scorching days, she preferred to stay indoors, keeping all the windows and doors tightly shut to keep the heat out.

When the temperature soared, she had a routine to cope with the heat. She would drink more water, remain calm, and keep her home closed up during the day. Once the evening rolled around and the air cooled, she would open the windows and doors again to let the fresh air in.

Although she often felt unwell during heatwaves, she wasn't entirely sure what other health issues could arise. Still, she knew it was important to stay cool. To protect herself from the heat, she took a series of precautions: she stayed calm, drank plenty of water, sought shade, wore a hat, dressed in light clothing, and even cooled her feet in water when necessary. This knowledge, she said, was something she learned from her past and her experience working in healthcare.

On particularly hot days, she would often remain at home with the windows closed. But if the heat became unbearable, she would visit her daughter, who lived nearby. There, under a large tree, she could sit and enjoy a gentle breeze, which provided some relief from the heat.

When asked what support she might need during a heatwave, she thought it would be helpful to have sunshades installed outside her windows. Unfortunately, the sunshades were currently on the inside, and her landlord wasn't willing—or able—to change that.

As for staying informed about heatwaves, she had heard some updates through the newspaper and TV. However, she believed the local government could be more proactive in providing information. They could offer tips, promote greenery around the city, and even encourage activities like replacing paved areas with plants.

When it came to helping other elderly people during a heatwave, she wasn't sure what she could do. She suspected that many would be reluctant to follow advice. Still, when asked what advice she'd offer to other seniors, her response was clear and simple: "Make sure to head inside in time!"



Co-funded by the
European Union