



Mrs. Taylor

There was an elderly lady named Mrs. Taylor who had lived in her apartment for many years. In the past, she never found the heat too extreme, but in recent times, she had noticed that some days were much worse than before. Living on the fourth floor of her building, Mrs. Taylor had a unique challenge—her apartment was fully exposed to the sun. The floors below her benefited from the shade of each other's balconies, but her balcony, the only outdoor space she had, was in direct sunlight. Luckily, her son had set up a large parasol so she could still sit outside on warm days, enjoying the breeze.

When the heat became overwhelming, Mrs. Taylor had a routine to help her cope. She would close the blinds to block out the sun, and as the sunlight shifted throughout the day, she would adjust the blinds accordingly—closing them where the sun was brightest and opening them where it was shaded. She also kept her front door open to let in fresh air, and although she had a small fan, she hesitated to use it. She found that the fan sometimes irritated her lungs, so she only turned it on when absolutely necessary.

Mrs. Taylor wasn't fully aware of the potential health risks that came with heatwaves, but she knew that any physical effort left her feeling short of breath. The hot weather also made her respiratory issues worse, something she noticed both when it was sweltering and when her fan was on for too long.

When asked what she could do to avoid suffering too much from the heat, Mrs. Taylor sighed and said, "There's not much I can do to avoid it entirely." But she had her own strategies, like retreating to the shade in the garden or sitting under the parasol on her balcony.

Most of the information Mrs. Taylor had learned about handling the heat came from television or the radio. She also stayed in close contact with her children, who often shared useful advice with her. During particularly hot days, she usually stayed indoors, only venturing out to her shaded balcony. Sometimes her children helped her go to the garden in front of the building, though the journey down from the fourth floor could be exhausting.

When asked what kind of support she might need during a heatwave, Mrs. Taylor said she already prepared by keeping bottles of water in the fridge, which she drank to cool down. She planned to continue this habit during future heatwaves. However, she mentioned that she didn't hear much from her home care workers regarding the heat, nor did they offer extra support or information when there was a heatwave, something she felt could be improved.

Despite her challenges, Mrs. Taylor managed to cope with the heat as best as she could, relying on her resourcefulness and the occasional help from her family.



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