



### **John's Story**

Once upon a time, there was an elderly man named John, 86 years old, living alone in a small apartment. He had been through many challenges in life, and recently, the intense heat waves had become another obstacle to overcome.

John had a history of heart problems. He had undergone bypass surgery, received stents, and had other heart procedures to manage his condition. Whenever the temperature soared above 30 degrees Celsius, John would feel the strain on his heart. Breathing became more difficult, and he could sense his heart struggling.

When it got too hot, John knew what he had to do. He would stay inside, keep calm, and drink more water. He dressed in light, breathable clothes and treated himself to ice cream to cool down. He had learned over the years that pushing himself too hard during these heatwaves could be dangerous, so he took it easy.

John understood the risks of extreme heat, especially for someone in his condition. He feared that the strain could become too much for his heart. "When the temperature rises, my heart issues always get worse," he thought. He also knew that staying indoors, but staying active, was important. He made sure to keep moving, even if it was just a short trip to the store. At home, he kept all the windows and doors closed to block out the heat, even during the night.

Although no one had explicitly told John how to deal with the heat, he trusted his instincts. It was something he felt deep within, the experience of many years guiding him. Unfortunately, there weren't many cool places nearby where he could seek relief, so he stayed home during the worst of the heat.

As the idea of another heatwave approached, John thought about what support might help him. "Maybe a fan," he mused, but he knew they were costly, both to buy and to run. He assumed it would be an expense he would have to bear himself.

John hadn't been well-informed about the recent summer heatwave. He caught bits and pieces on TV, but no one had really given him the details. When asked what the local government could do to help people like him during these periods, John didn't have a clear answer. He wasn't sure what they could or should do.

But when it came to helping his fellow elderly neighbors, John had some ideas. "I could tell them to take it easy and not be alone during the heat," he thought. "Being isolated in such heat isn't good." He believed it was important to keep in touch with others, not just for the company, but to make sure everyone was safe.

If another heatwave were to come, John had one crucial piece of advice for others in his situation: "Reach out to others in time. Don't wait. Have someone call you regularly to check in." For John, staying connected was just as important as staying cool.



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