

In these warmer days...

Keep Cool, Stay Hydrated



At long last we are seeing more warmer days coming our way here in the UK, and whilst most of us welcome the heat and certainly make the most of it with BBQs and more family days out, we have to remember that with the warmer days can also bring complications to many people who live alone.

So why is the heat a problem?

Well in short, being too hot often leads to dehydration, which in turn can cause other health issues to become worse. Overheating can be dangerous for people with heart or breathing problems, and this will then tend to lead to heatstroke or heat exhaustion, which can lead to hospitalisation.

Who is most at risk this summer?

- Older people especially those over the age of 75.
- Older people living at home on their own, or living in a care home environment.
- People who have some serious medical conditions, such as heart and lung conditions, diabetes, kidney disease, parkinsons, dementia and some mental health conditions.
- People who find it difficult to move around, for example those who are bed bound, as they can't move with ease to keep cool.

Enjoy the warm weather, stay safe and stay hydrated, and most importantly - Have fun!



So how can we help to keep our loved ones, family, friends and customers cool and healthy this summer?

Stay cool indoors & Keeping the home cool - Ensure plenty of ventilation throughout the home, with opening of windows and doors, on particularly hotter days, encourage them to stay indoors at the hottest parts of the day, only enjoying the sunshine in the mornings and early evenings. For sun facing rooms it may be better to keep curtains closed for part of the day to ensure the temperature does not become a problem. Switch on fans or air conditioning units to keep the rooms cooler.

Hydrate - Ensure access to plenty of fluids and encourage more drinking. Ideally water is the best option, however for many people water is not exciting enough, so fruit drinks, tea, soft drinks, milk, and even ice pops are very good alternatives - the aim is just to keep them hydrated and cooler so any way is better than no way at all! For the less mobile, remember to leave fluids within their reach especially if they are on their own for large parts of the day.

Keep covered whilst outside - When enjoying the outdoors, make sure to keep well covered to avoid sunburn and overheating, keeping cool with sunhats, and light coverings for the arms and shoulders will help prevent sunburn. With sunburn it can often lead to heat stroke and painful blistering, which will not be the most comfortable! And of course if out and about make sure to take drinks with you to keep you hydrated, especially if travelling anywhere in vehicles for any prolonged period of time.

If you assist someone to get dressed in the morning, advice says that it is better to start with light layers in the morning, this way as the day heats up they can easily remove layers as they get too warm.