

## Is Heat Really a Problem with Elderly People?

As poorer circulation makes a lot of elderly people feel too cold in spaces with an air conditioner, they tend to feel more comfortable if the temperature of the room is warmer than is safe. Seniors are at higher risk of experiencing heat exhaustion or **heat stroke**.

It is imperative for caregivers to be alert to all the danger signs of heat exposure. When a senior is exposed to high temperatures without taking adequate amount of liquids, he is at risk of heat exhaustion of which symptoms include weakness, dizziness and fatigue. The elderly person may have cool and moist skin, fast and shallow breathing as well as fast but weak pulse rate.

## What Caregivers Can Do?

In order to prevent heat stroke and heat exhaustion, caregivers must:

- Offer cool beverages to the client throughout the day. He must let the client understand why he has to drink plenty of liquids.
- Ensure the client is dressed in light-weight clothing.
- Let him sit near a fan.
- Keep electric light low.
- Close blinds or curtains to block the sun.
- Serve watermelon or frozen treats.
- Put moist towels on the neck, wrist or back of the client.

When our caregivers detect signs of **heat stroke** or **heat exposure**, get medical assistance right away.

Part of the care plan of every caregiver is to prevent heat-related incidences. We ensure we are prepared and alert to warning signs. As a dependable provider of home **health care** it is important that we convey our care, prevention plan and concerns to our clients ahead of time.