

Senior News

June Edition: Staying Safe, Independent, & Cool This Summer

Summer Heat Can Be Dangerous for Seniors

Seniors are more vulnerable to heat-related illnesses due to changes in the body's ability to regulate temperature, as well as common chronic conditions and medications.

Watch for warning signs...

- Dizziness or confusion
- Headache
- Nausea
- Rapid pulse
- Lack of sweating despite heat

Simple prevention tips...

- Stay hydrated (even if not thirsty).
- Keep the home cool (fans + A/C).
- Avoid outdoor activity during peak-heat hours.
- Wear lightweight, breathable clothing.

Did you know?

Many seniors don't feel thirsty until they are already dehydrated.

HEALTH CORNER

Medication + Heat = A Risky Combination

Certain medications can increase sensitivity to heat or lead to dehydration.

- 👉 Encourage seniors to...
 - Review medications with a healthcare provider.
 - Avoid skipping meals or fluids.
 - Report any unusual symptoms immediately.

Aging in Place Safely This Summer

More seniors are choosing to remain at home — but summer brings unique safety challenges.

Top risks during the summer...

- Dehydration
- Falls from fatigue or dizziness
- Medication mismanagement due to disrupted routines
- Isolation during extreme weather

Home care solutions...

- Regular hydration reminders
- Meal preparation with nutrient-rich foods
- Monitoring for heat-related symptoms
- Companionship and safety supervision

CAREGIVER SPOTLIGHT

"I Didn't Realize How Fast It Could Happen..."

"My mom was always independent. One hot afternoon, she became confused and weak. Thankfully, her caregiver recognized the signs of heat exhaustion early and got her help immediately. It was a wake-up call for all of us."

— Daughter of a home-care client



HOME CARE HELPS

Our caregivers are trained to recognize early warning signs and keep your loved ones safe, comfortable, and independent — no matter the season.

- ✓ Companionship
- ✓ Safety monitoring
- ✓ Meal prep & hydration support
- ✓ Peace of mind for families

**Concerned about a loved one this summer?
Let's talk about simple ways to keep them safe at home.**



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