

CARING FOR OLDER PEOPLE



As we age, we can have a higher risk of heat-related illness, especially if we live alone, have medical conditions, or if we take certain medicines.

Some medicines can make you more prone to sunburn and heat stress, so it is important to watch for signs of being affected by hot weather. Always speak with your doctor or pharmacist for more advice about the medicines you are taking. If you are an older person or if you care for someone who is elderly, the following tips may help you:



Take simple steps to keep cool, air-conditioners and fans set to cool, using a cool, wet cloth to wipe your arms and neck, or putting your feet in a bowl of cool water.



Arrange for a friend or relative to visit you twice a day to check how you are and that you have everything you need to stay healthy in the heat.



Drink plenty of water throughout the day, even if you do not feel thirsty, and take a bottle of water wherever you go so you do not become dehydrated.



Register with the free Red Cross Telecross REdi service. Trained Red Cross volunteers call older people up to three times a day to make sure they are well and coping in hot weather.



Swap large meals for smaller ones.



Make cool meals, like salads, and avoid using ovens or stoves in hot weather – they can make your home much hotter.



A trip to an air-conditioned public space, like the local library, cinema or shopping centre, may help you keep cool and give you some relief from hot weather.

For more information

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