



Eight Tips to Help Older Adults Beat the Heat

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- 1. Trust the thermostat.** They say that when you get older, you get colder — and science backs it up. If your loved one is considering a sweater on a 95-degree day, they may need a gentle reminder that the weather actually calls for something lighter.
 - 2. Hydrate, hydrate, hydrate!** Older adults need lots of water, especially when it's hot. If you're dehydrated, you can't sweat as much, and if you can't sweat, you can't cool off.
 - 3. Take a siesta.** The hottest times of day — between noon and 3 p.m. — should be spent indoors, or at least in the shade.
 - 4. Read your medications' warning labels.** Do you know all of your meds' side effects? If you take medicine that constricts your blood vessels (Sudafed, some migraine medications), controls your blood pressure by inhibiting adrenaline (i.e., beta-blockers), or cause you to urinate more frequently (diuretics like furosemide), you need to be extra careful about staying hydrated in the heat. Ask your pharmacist if you're not sure.
 - 5. Know the signs of heatstroke and heat exhaustion.** Unusual fatigue, dizziness, nausea, flushed skin, a racing heartbeat and — a lack of sweating can be indications that someone is experiencing heatstroke.
 - 6. Keep the car running.** The temperature inside a parked car can rise by 20 degrees in just 10 minutes — even in the shade. Whether you're an older adult or caring for one, never sit in a parked car without the air conditioning running. If you need to wait in the car for any length of time, keep the engine and A/C on to avoid dangerous heat buildup.
 - 7. Be aware of underlying conditions.** Hypertension, obesity and a sedentary lifestyle can all contribute to adverse reactions to heat.
 - 8. Check-in and stay connected!** Older adults should never face a heatwave alone. Whether you're reaching out to a loved one or looking after your own well-being, regular wellness checks can make all the difference. A quick call, text or visit helps ensure hydration and safety.



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