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SUMMER HEALTH TIPS for Older Adults

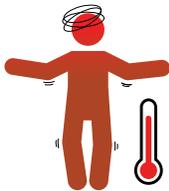
As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe (and cool) in the hot weather

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹



6

Plan Your Exercise Time

If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.



2

Stay Hydrated

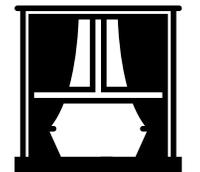
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²



7

Keep Cool Inside

Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵



3

Drink Plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³



8

Stay Cool

If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.



4

Manage Caffeine Intake

Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴



9

Apply Sunblock

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶



5

Exercise Smart

Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).



10

Cool Down

Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷



¹ <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

² <http://www.sunriseseniorliving.com/resources/infographics-gallery/health/helping-seniors-stay-cool.aspx>

³ <http://www.aplaceformom.com/senior-care-resources/articles/elderly-dehydration>

⁴ <http://www.everydayhealth.com/senior-health-pictures/ways-for-seniors-to-stay-safe-in-the-summer-heat.aspx#03>

⁵ <http://www.sunriseseniorliving.com/resources/infographics-gallery/health/helping-seniors-stay-cool.aspx>

⁶ <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

⁷ <http://www.everydayhealth.com/senior-health-pictures/ways-for-seniors-to-stay-safe-in-the-summer-heat.aspx#07>