

# Summer Survival

A guide to beat the heat this summer with  
hot weather tips for seniors



 Home  
Instead  
SENIOR CARE<sup>®</sup>

*To us, it's personal<sup>SM</sup>*

# Over 500 people die of heat stress in Australia every single year.

Source: <http://www.abc.net.au/news/2016-01-25/heat-stress-deaths-rise-following-australia-day/7113030>

## The Danger of Heat Stress

There are several dangers and side effects of heat stress, some of which are more serious than others. Some of those dangers include:

dehydration  
heat exhaustion  
heat stroke heat cramps  
burns death

Australia is known for its incredible hot weather, with average temperatures soaring to 30 degrees during the summer months. But despite the Aussie outdoor lifestyle being so loved and embraced, heat stress is the number one natural killer in the country.

As we get older our bodies find it increasingly difficult to regulate heat efficiently, therefore it's extremely important for seniors to take extra precaution when temperatures are high. We have created a list of survival tips to ensure everyone enjoys the summer safely.

# Beat the Heat - Summer Tips for Seniors

## Hydration

Dehydration is a common heat-related condition which can be serious, even fatal. It is important to keep the body hydrated by regularly sipping on water throughout the day. Health authorities recommend a person should ideally drink two litres of water per day.

## Stay Out Of The Sun

Although the beach is tempting on a hot summer's day, you should avoid direct sun exposure where you can - particularly seniors.

Try to stay in cool, shaded or breezy areas, take regular breaks from the sun and keep your home air conditioned. It is also important to remember heat stress can strike at anytime, even cloudy days, so avoiding extremely warm environments is strongly advised.

## Protective Clothing

When planning a day the sun, it is important to wear suitable clothing for the weather condition. If you are wearing full coverage clothing to protect your skin, avoid over heating by ensuring the material is lightweight and light coloured.

Seniors' eyes tend to be more sensitive to sunlight, therefore it is important to wear UV-filtering sunglasses to avoid damage. And don't forget your sun hat!

## Sunscreen

Please, please, please don't leave the house without sunscreen. Sunscreen contains sun protection factors (SPF), which protects your skin from harmful UV rays and decreases your chance of sunburn and skin cancers. It is also a good idea to invest in a daily moisturiser with an SPF of at least 30+.

## Be Activity Astute

According to the Sun Safely Alliance the sun is at it's strongest during the hours of 10am-4pm, so it is not a good idea to plan strenuous activities while the temperature and UV rays are soaring.

Think up some fun activities to beat the heat during this time such as heading to an air conditioned shopping centre or gaining access to a swimming pool. Save the long walks for early mornings or evenings when the temperature has cooled down.

**If you are concerned for yourself or a loved one, please seek medical advice.**



# Heat Stress Facts and Resources

## Extreme Heat Events & Statistics

<https://www.pwc.com.au/publications/pdf/extreme-heat-events-nov11.pdf>

## Hot Weather Risks & Staying Cool

[www.healthdirect.gov.au/hot-weather-risks-and-staying-cool](http://www.healthdirect.gov.au/hot-weather-risks-and-staying-cool)

## Almost one quarter of Australia's heat stress deaths occur following Australia Day!

<http://www.abc.net.au/news/2016-01-25/heat-stress-deaths-rise-following-australia-day/7113030>

## The number of record hot days in Australia has doubled in the past 50 years.

<http://www.abc.net.au/news/2016-03-02/australia-underprepared-to-deal-with-killer-heat-report-says/7212408>

## Cardiac arrests triple during heatwaves.

<http://www.abc.net.au/news/2016-03-02/australia-underprepared-to-deal-with-killer-heat-report-says/7212408>





## Home Instead Senior Care is a specialist, national provider of high quality in-home care for older people.

We help with a range of personal and lifestyle needs while providing welcome companionship. Our services include assistance with personal care, light household duties, meal preparation, medication reminders, transport to appointments, shopping and social outings. We take personal responsibility for providing the best in-home care and support to meet our clients' needs and are committed to addressing the individual and national challenges of Australia's ageing population.

Established in 1994 in the United States, Home Instead now operates in 16 countries through a network of 1,000 offices.

In Australia, Home Instead operates in every mainland State, sharing resources and support across State borders. We employ and train our CAREGivers to understand the challenges facing people as they get older and provide specialised care through our unique training program to support the needs of clients with dementia.

We understand that to you, it's about finding trustworthy care for your ageing loved one. To us, it's about providing the highest quality, in-home care services to fit you and your family's needs. Contact us for a free no-obligation consultation where we can discuss the needs of your loved one and provide you with information and advice to help you and your family find the right care solution. Contact your nearest Home Instead office by visiting [www.homeinstead.com.au](http://www.homeinstead.com.au)

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