



A Plan For Senior Care's Guide To Enjoying A Healthy Summer

Use A Plan For Senior Care's guide during hot summer months to help keep your loved one healthy.



DEHYDRATION- Remind your senior loved one to drink plenty of fluids during these warm months to avoid dehydration. Visit <http://www.webmd.com/a-to-z-guides/dehydration-adults> to learn more about signs of dehydration, Be aware of signs of heat stroke. Look for excessive sweating, headaches, confusion or any other kind of strange behaviors. To learn more about heat stroke and heat exhaustion, visit www.webmd.com/fitness-exercise/heat-exhaustion and www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment.

SUN PROTECTION- The sun can be dangerous to seniors. It is important to remind your loved one to wear and use sun protection. Limiting to the sun may be necessary. It is a fact that seniors are more susceptible to heat exhaustion than a younger person. For more information about skin protection, visit www.skincancer.org/get-involved/your-community/senior-centers.

MEDICATIONS- Your senior loved one may react differently to their medications when exposed to extreme sun and heat. Look into your loved one's prescriptions possible side effects.

HOUSEHOLD MAINTENANCE- An annual maintenance check on your loved one's cooling system is recommended to ensure proper working condition for extra warm days. This is also a good time to check the refrigerator for food expiration dates. Visit www.webmd.com/a-to-z-guides/features/do-food-expiration-dates-matter for details on expiration dates.

WARM WEATHER ACTIVITIES- Some great suggestions for activities with your senior loved ones on those "hot" summer days would be the movies, indoor shopping malls or an early evening outdoor concert.

WAYS TO CHECK IN- Vary the times that you contact or visit your loved ones during the day. For individuals caring for their loved ones living at a distance, a video call can allow for a visual of your senior as opposed to just a verbal observation. This alleviates an inaccurate assessment of their condition.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.