



## FEATURE ARTICLE FROM **Always Best Care**



### Summer Safety for Seniors

Warm weather and sunny skies make going outside during the spring and summer almost irresistible. From enjoying the pool or a picnic in the park to community events or simply going on a walk, there is [so much to see and do](#). But as temperatures rise, it's important for seniors to pay attention to their health and safety. Dehydration and heat exhaustion or heat stroke are major concerns.

*Keep Cool:* When visiting your loved one, make sure that their air conditioning works – and is running – so their home stays at a comfortable temperature. Scheduling a spring tune-up can ensure everything is working properly. On days when it's still warm but not dangerously so, ceiling fans or small portable fans can be beneficial.

*Stay Hydrated:* Whether sitting at home or on the go, have plenty of water available. Dehydration can set in before you know it. Sip on water or other light beverages throughout the day, avoiding alcohol and caffeine. Spruce things up by adding [fresh fruit](#) or cucumber slices to water for a boost of flavor.

*Avoid Peak Hours:* The sun is most intense between 10 a.m. and 4 p.m., so limit exposure or ensure there are plenty of shaded or cool areas to relax. Try to get out first thing in the morning or later in the day when the sun is lower in the sky and it is not as hot outside. If you and your senior are out during the day, take plenty of breaks and keep drinking water.

*Dress Appropriately:* Hats, sunglasses, and sunscreen are a must for going outside during the summer. Your aging parent may also want to wear light, breathable fabrics to stay cool while covering up exposed skin. Reapply sunscreen every two hours or so.

*Check In Regularly:* If your senior lives alone, call or stop by on a regular basis to check in, especially as temperatures rise. If you don't live nearby, ask a neighbor or close friend to visit and check on your loved one's well-being. Make sure their home is cool, they have plenty of food and water, and they're behaving normally.

Another great option is to hire an in-home caregiver. This gives you peace of mind that someone is there to [assist your senior with various activities](#) throughout the week, and to check in on them and alert you of any potential problems. A caregiver can accompany them on errands or walks outside, remind them to keep drinking water, monitor the temperature of their home, and make sure they're dressed appropriately. Plus, they will have someone to keep them company and provide help with daily tasks.

Be smart this summer and take steps to protect yourself and your senior from the heat. Plan your schedule accordingly so you're not spending long hours outside during the hottest part of the day and so you have somewhere cool to relax and rehydrate. Make sure your senior is well cared for by contacting [Always Best Care Senior Services](#) to schedule a free consultation and learn more about how an in-home caregiver can help. Call (855) 470-2273 today.