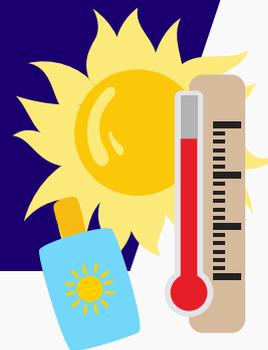


Caring for someone during a Heatwave

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General points to consider

Sensory needs/overload: Be mindful of these when providing food and drink, or if they prefer specific tastes and types of drinks.

Sun protection: Intolerances to sun cream or sun care products. Think about the application of products, and the type of sun cream - is there a certain type they prefer?

Allergies: Does the person have allergies triggered by heat, sun, ingredients in sun care products, etc?

Sweat: How is sweat and skin care being managed to avoid skin irritation, heat rash, discomfort.



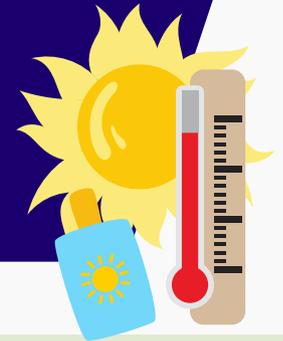
Preparation: Are you or the person you're caring for prepared with enough food and drink etc. to avoid going out? Lack of awareness of coming heatwaves could lead to ill-preparedness, stress and discomfort.

Community: Are they staying in because of the heat, and does this increase the likelihood of loneliness and isolation? Could a visit or a phone call be arranged to help?

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Medications

Here are some examples of medications that can have an effect on the body's thermoregulation system (that's how you keep your internal body temperature cool):

- Drugs such as diuretics, which can cause or worsen dehydration by intensifying water loss from kidneys
- Non-steroidal anti-inflammatory drugs (NSAIDs), aspirin, certain antihypertensive drugs, antibiotics, anti-diabetics, antivirals, lithium, etc., which can disrupt kidney function
- Some neuroleptics, treatments for Parkinson's disease, antidepressants that can aggravate existing thermoregulatory problems
- Drugs that limit the increase in cardiac output, such as beta-blockers
- Anti-migraine drugs which can sometimes prevent vasodilation or reduce sweating
- Sleeping pills or anxiolytics that reduce alertness and the ability to adapt one's behaviour to be able to deal with heat waves.



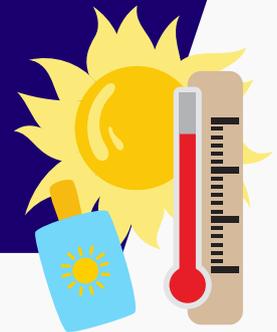
Even if these medicines can contribute to problems linked to heatwaves, you should not stop or reduce your treatment without prior medical advice.

If you are taking any of the above medications, make sure you drink 1.5 litres of water per day during the hot weather. Do not hesitate to ask your doctor for advice; they will explain what you need to do to continue taking your treatment and avoid side effects.

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Dementia

Dehydration is a common challenge for older people, and especially those with dementia.

Memory problems mean someone with dementia can easily forget to drink enough water. What's more, the part of the brain that recognises you're dehydrated and send a message to let you know you're thirsty doesn't always work properly.

Some medications and dementia-related illnesses can also make dehydration worse.



For more information about dementia and memory loss, please see [Memory loss and dementia | Alzheimer's Society \(alzheimers.org.uk\)](#).

Sundowning is a state of confusion many of those living with dementia experience in the late afternoon or early evening, and it can cause changes to their behaviour and mood.

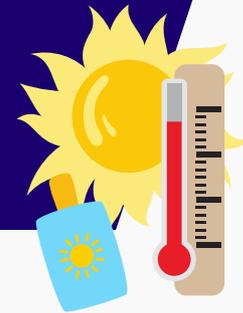
In the peak of the summer, the longer days of sunlight can leave those experiencing sundowning symptoms confused for longer as their 'internal body clock' adjusts to a new routine.

Combined with exhaustion from the heat, sundowning episodes can be exacerbated.

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Diabetes

What problems can hot weather cause for people with diabetes?

[Dehydration](#) can be an issue in hot weather, and [higher blood glucose levels](#) can further increase the risk. One of the major concerns regarding diabetes and hot weather is the risk of blood sugar levels rising or falling and causing hypoglycemia or hyperglycemia.

What are the hypo risks from hot weather?

Hot weather can increase the risk of hypoglycemia for those on [blood glucose-lowering medication](#) such as [insulin](#). Hypos may be slightly harder to spot in hot weather. Don't be tempted to disregard hypo symptoms, such as sweating and tiredness, as a result of high temperatures as it could be a sign of hypoglycemia.

You may need to adjust your insulin levels during temperature changes.

The NHS notes that people with diabetes are at higher risk for heat exhaustion.

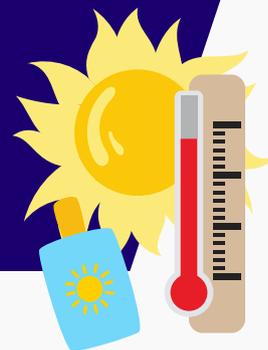
[Diabetes and Hot Weather - Staying Safe & Heat Exhaustion](#)



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Lung conditions

If you have a long-term lung condition like asthma, bronchiectasis, or COPD, you're more at risk of the heat affecting you.

You can keep cool in the heat by:

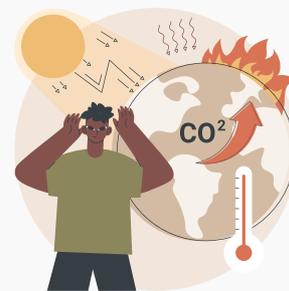
- Having cool showers or baths. This will bring your body temperature down and avoid overheating.
- Drink plenty of water so your body is well-hydrated.
- Schedule your day to avoid the hottest parts of the day, and when you do go out, you should try to spend time in places where there is air conditioning (public spaces such as shops, etc).
- Use a handheld fan to keep cool by keeping it about 6 inches away from your face and letting the cool air blow towards it. You may also sleep better if you have a fan in your bedroom at night.



Strong sunshine causes the level of ozone and other [air pollutants](#) in the air to rise, which can cause breathing problems and trigger your symptoms.

You can find more useful information through the below links:

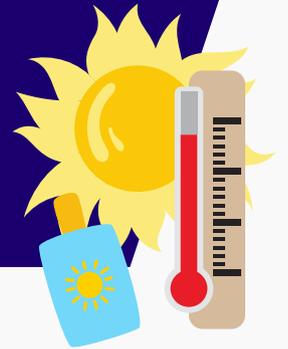
- [Looking after your lungs in hot weather](#)
- [COPD and Heat](#)



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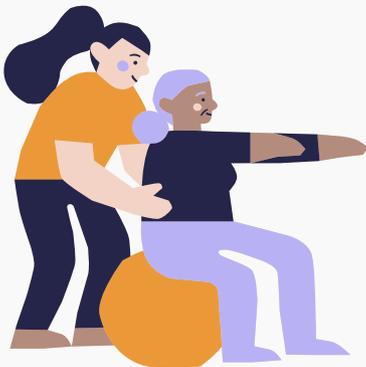


Parkinson's

People with Parkinson's may find their symptoms worsen in the heat.

Being physically active is important if you have Parkinson's, but if you are exercising outdoors, you should try to avoid any strenuous activity during the hottest part of the day. Instead, try doing something early in the morning or evening when it will be cooler.

People with Parkinson's may experience low blood sugar. If you do, try not to sit in the sun for too long, use a fan or cool flannel to cool down, and drink plenty of liquids.



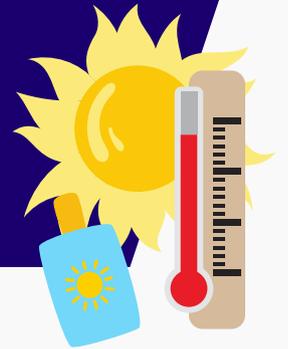
For people with Parkinson's, it's important to remember to store your medication somewhere cool, dry and out of direct sunlight. If you have a [Rotigotine Skin Patch](#), you should keep it out of direct sunlight, and cover the patch by wearing loose clothing.

[Heat intolerance](#) is a symptom of Parkinson's disease (sweating too much or too little). For those who sweat too much, the hot weather may make this worse. To ease your symptoms, you should use cooling sheets, pyjamas, and clothing that are made out of materials that will absorb water and dry faster.

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Heart conditions

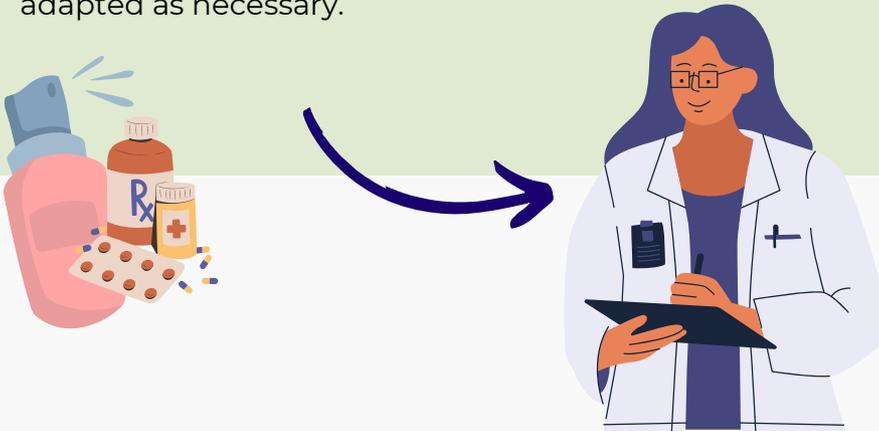
People with heart conditions such as angina and heart failure may need to take extra care in hot weather.

Angina:

If you use a GTN spray to control your angina, you should take extra care in hot weather. GTN spray can dilate your blood vessels quickly, which causes your blood pressure to suddenly drop and you may feel faint.

Heart failure:

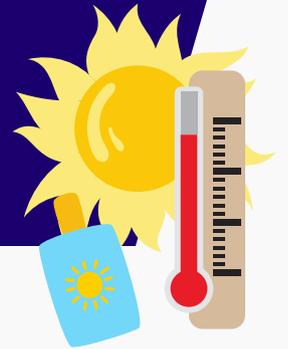
It's particularly important to stay cool if you have heart failure - where your heart doesn't pump blood around your body as well as it should. If you've been told to restrict your fluid intake, speak to your GP about other ways to keep cool during summer. If you take water tablets, and are dizzy or lightheaded, let your doctor know. Your medication can then be reviewed or adapted as necessary.



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Kidney disease

Kidney patients should take extra care to protect themselves during the hot weather.

People with kidney disease who are on dialysis will be on fluid restrictions, and only allowed an average of around 500ml (or two glasses of water) per day. In this heat, they are likely to sweat more so they can drink a bit more, but we advise them to keep cool, and to use ice cubes and ice lollies to ensure they stay hydrated.

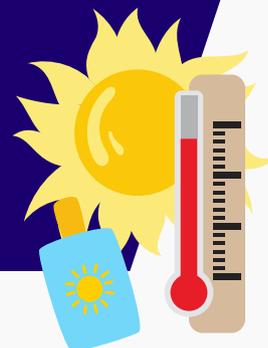
People who have had a kidney transplant should drink more as they need to keep their kidneys well hydrated. They must also take extra care in the sun because the medicines they take to ensure their body doesn't reject the new kidney put them at an increased risk of developing skin cancer.



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Alcohol and Hot Weather

Alcohol can dehydrate you, so when it's hot, the risk of dehydration, heat exhaustion and heat stroke rises. You should aim to drink between 1.5 and 2 glasses of water for every alcoholic drink you consume. This will help to stay hydrated in the heat.

Your judgment can be affected when you drink alcohol, and you may not recognise the early warning signs of heat exhaustion or sunburn.

Alcohol can also make you hot and cause you to have hot flashes. This can happen quickly and make the body exceed 37 degrees. When drinking alcohol, you should stay indoors where possible as a way to help maintain your body temperature and keep cool.

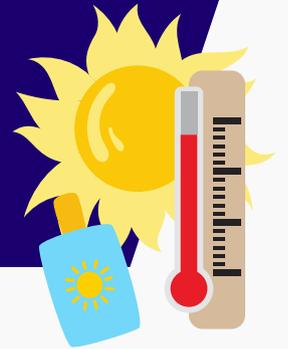
Alcohol drinks have lots of calories, and this can make you feel like you are full and that you don't want to eat anything. Food helps to absorb some of the alcohol, and it is dangerous to drink heavily without eating anything. Make sure you are eating while you drink so you will be able to recognise any signs of overheating or heat exhaustion when it's hot.



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Drugs and Hot Weather

Drug use in heatwave increases the risk of dehydration, overheating and accidents.

If you are dependent on drugs, you should take the below into consideration when we experience hot weather:

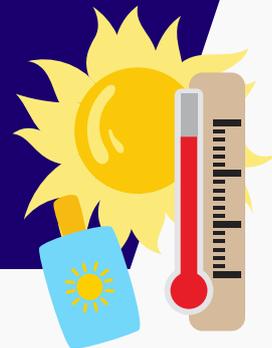
- Stay out of direct sunlight and heat after taking drugs.
- If the heat stops you from going to support or recovery groups, you should call peers for support instead.
- If you are dehydrated, drink cool non-alcoholic fluids such as water or fruit juice. Do not drink large quantities of water too quickly to rehydrate yourself.
- Do not take a cold bath or shower, and instead wipe a lukewarm wet cloth or sponge on your skin.
- Keep in contact with your friends and family as isolating in hot weather can increase drug usage.

[Drugs and extreme hot weather](#): some helpful tips and guidance on how best to stay safe in the hot weather if you use drugs.

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Mobility and Hot Weather

If you have mobility issues, then there are some general things you can do in the hot weather to keep cool:

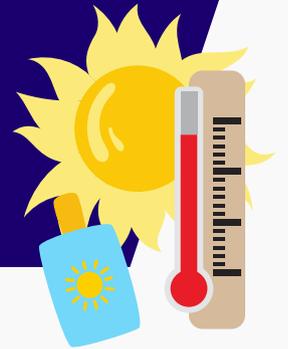
- Wear loose fitting clothing, ideally light coloured, to keep your body cool. Materials like cotton or linen won't stick to your skin, and they will help your skin to breathe better.
- Stay hydrated by drinking cold water or electrolyte drinks. Electrolyte drinks will keep your electrolytes, salts, and potassium in balance. When you leave the house, remember to take a refillable water bottle with you so you are able to keep hydrated on the go.
- Wear sun cream, a hat and sunglasses to protect your skin and body from the sun, and to avoid getting sunburnt or heat stroke.
- Try to avoid going out when it will be the hottest part of the day, this is usually midday (between 12pm and 3pm) as the sun is at its highest point and it will be its strongest between these times.



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Mobility and Hot Weather: Wheelchairs

If you use a self-propel wheelchair that requires you to turn the wheels by using your arms, then the hot weather can make this difficult.

Your hands can get hot and sticky, and this can cause slipping as you push the wheels around. You can keep your wrists chilled (to reduce the hotness) by using frozen pack inserts, or by keeping them exposed and not wearing long sleeved t-shirts.

The wheels can also get hot if they are in direct sunlight, and it make it difficult to touch and turn the wheels of the wheelchair to get around.

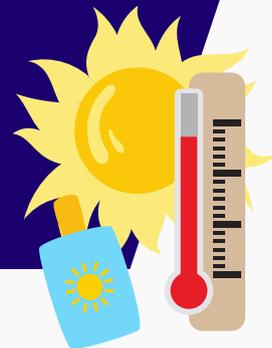


[12 Ways to Cool in Hot Weather as Wheelchair User](#)

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Mobility and Hot Weather: Guide Dogs

It's important to keep hot weather safety in mind to keep [guide dogs safe](#) during the hot weather.

You should plan travel activities for cooler parts of the day (before 10am and after 6pm) as dogs can get dehydrated quickly. If you do travel/go out during the day, you should provide regular rest breaks, keep a collapsible water bowl and give dogs fresh water when you can.

Hot concrete or tarmac can burn a dog's feet so before you go outside on a hot day, you will need to test the ground to see if it is hot. To do this, you will need to hold the palm of your hand on the ground and if you can't hold it for 5 seconds, it is too hot for your dog's feet.



You shouldn't leave your dog unattended in a car as your dog can become overheated as the temperature in the car will be intolerable, and possibly deadly for a dog.