NORTH WOODS Village
>EDISON LAKES<

Tips for Keeping Your Loved One with Alzheimer's Safe in the Summer Heat

Because individuals with dementia typically lose their sensory abilities, they may be unaware that they are dehydrated, overheated or getting a serious sunburn. Fortunately, there are a variety of precautionary measures you can take to protect your loved one's health and enable him/her to enjoy the summer fun, too!

- **Apply plenty of sunscreen on your loved one** – This is particularly important when he/she is outside for long periods of time.
- **Limit the amount of sun exposure he/she receives during the day** – Place outdoor furniture in shaded areas and keep your loved one indoors between 10 a.m. and 2 p.m. when the sun is strongest.
- **Be sure he/she drinks a sufficient amount of liquids** – Provide him/her with plenty of cool water or his/her favorite non-alcoholic beverage and make sure they actually drink it to prevent dehydration.
- **Dress your loved one in cool, comfortable clothing –** Make sure he/she is dressed in lightweight clothes and feel your loved one's skin periodically for temperature. A hat with a large brim is also a good choice.
- **Keep his/her living area cool –** Use air conditioning or fans to help keep he/she living space comfortable.
- **Limit his/her exercise to cooler times of the day** – Exercise is important for your loved one, but it should be limited to cool times of the day and cool areas of the home.
- **Avoid caffeine, alcohol and high sugar drinks** – Avoid any beverages that could cause him/her to become dehydrated.
- **Restrict access to swimming pools** – Swimming pools and hot tubs represent significant risks. If you have one, be sure to protect it with a fence and a gate with a lock. Also, cover the pool or hot tub when it is not being used.
- **Assure adequate rest –** Sufficient rest is important and our loved one may need a nap or quiet time to help him/her deal with the heat.
- **Utilize safety resources** – Take advantage of useful safety resources such as MedicAlert® + Alzheimer's Association Safe Return® or Comfort Zone® to protect your loved one and reduce his/her risk of wandering.

For more information on **North Woods Village at Edison Lakes** and our **Caregiver Education & Support Calendar,** please contact us today!

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