



Summer Safety Tips for Seniors

by: Pati Rader, CSA

Certified Senior Advisor®

Summer can provide many wonderful opportunities to enjoy the outdoors and experience enjoyable activities with Seniors. Here are some tips to consider as you venture out with seniors in the summer:

1. **Temperature change:** Heat and quick temperature changes are not well tolerated by Seniors. Don't gage how well they might do by how well you are doing. Just going in and out of the outdoor heat and AC buildings can cause problems that result in confusion, instability, and may put our seniors at risk.
 - a. Take time moving from one temperature environment to the next, pause in the entry or exit for a moment, watch the Senior for signs of distress.
2. **HOT Days:** Thin skin, reduced ability to regulate internal thermostat and cognitive impairment when mixed with hot days is a recipe for problems!
 - a. Keep your Senior indoors or in controlled environments on hot days above 90 degrees, provide ample protection via a hat, umbrella, etc. for transportation.
3. **HOT CARS:** Hot surfaces and hot air can cause damage to the skin, airways, and mental condition rapidly.
 - a. **DO NOT LEAVE A SENIOR IN THE CAR** with or without you in the heat of the day, not even for a moment!
 - b. Open all windows to flush out hot air before closing the doors
 - c. Run the ac at all times on hot days
 - d. Carry a hand or portable fan with you
4. **HOT Surfaces:** Rails, door handles, carts, etc. can pose a burn and/or fall risk,
 - a. Touch the surface before your Senior to ensure it is not too hot
5. **Dehydration;** Can come on quickly and may compromise a Senior mentally as well as physically.
 - a. Offer water often! Drink water with them:-) (check with Dr. regarding fluid intake limits)
6. **Summer Accident Risks,** avoid incidents when outdoors: Heat, transportation, water/pools, slick sidewalks/grass, bright sun/vision, skin damage
 - a. Thinking ahead of an activity, outing or summer event, being prepared and flexible to change, and staying alert can avoid the dangers to Seniors associated with hot summer days.
7. **Enjoy the summer;** Help keep our seniors safe, cool, hydrated while providing them with opportunities to reminisce, discover new things, and enjoy the summer.

This is by no means an exhaustive or complete approach to safety or recommendations for Seniors and Summer safety. And is not intended to advise or suggest activities that might pose a danger or risk to Seniors. Check with the Seniors Medical Professional for advisement on summer activities for them.

Pati Rader, CSA

Certified Senior Advisor ®

Pati@PatiRader.com • www.PatiRader.com