



# advice

**for who takes care  
of elderly people**



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## **Habits**

- Encourage the elderly person to maintain relationships with other people, in cool places or rooms provided with air conditioner.
- Take the person out only in the coolest hours of the day (do not go out from 11 a.m. to 5 p.m.).
- Be aware that taking baths and showers in tepid water is one of the best ways to quickly lower the body temperature.

## **Diet**

- Suggest that they drink a lot of water periodically (at least 2 litres a day) even if they are not thirsty.
- Do not give them soft drinks or alcohol or iced drinks.
- Cook light food, suggest that they eat a lot of fruits and vegetables.

## **Clothes**

- Make them wear light and comfortable clothes, in light colours and natural materials (avoid synthetic fibres) and make them wear hats if exposed to direct sunlight.

## **Medicine**

- Check the regular assumption of medicine
- Seek the advice of the doctor in case of changes of therapy.

## **At home**

- Use curtains as a protection against the sun
- Close shutters and blinds in the hottest hours of the day.
- Reduce the use of cooking stoves and ovens, which can heat up the rooms.
- Never run out of the most important foods (water, fruits and vegetables, pasta).
- If you use fans, do not turn them directly towards the elderly person.

## **Warning**

If the elderly complains about any of these symptoms

- State of mental confusion
- Vertigo and weakness
- Headache
- Breathing difficulties
- Chest pain

Call the family doctor

**People with the highest risk are those who suffer from: diabetes, chronic bronchitis, hypertension, psychiatric and heart patients.**

**Remember to pay attention to the weather forecast on television, radio and newspapers.**