



White House Webinar on Building Community Preparedness to Extreme Heat Preparing the Elderly and their Caregivers

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Considerations for Older Adults

- Older Adults are less likely to sense and respond to changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration



Tips

- Stay in air-conditioned environments. Do not rely on a fan as your primary cooling device.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.



Examples & Resources

- **Arizona Department of Health Services- Heat Safety - Older Adult Toolkit**
 - <http://www.azdhs.gov/preparedness/epidemiology-disease-control/extreme-weather/index.php#heat-elderly>
- **Missouri Department of Health and Senior Services-GIS Cooling Centers Locator**
 - <https://ogi.oa.mo.gov/DHSS/coolingCenter/index.html>
- **CDC** <http://emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp>
- **Ready.gov** <https://www.ready.gov/heat>