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**FOR IMMEDIATE RELEASE
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SUMMER WEATHER CAN BE DANGEROUS TO SENIORS

Senior Helpers Offers Tips for Seniors and Their Caregivers

Most seniors look forward to warmer weather, because they can meet their friends and enjoy numerous activities. Unfortunately, warmer weather can pose many dangers to seniors that they or their caregivers may not realize.

“As the temperature and humidity rise, it’s important to decide whether it is wise to go outdoors,” said Mary O’Connor, director of operations, at the Senior Helpers in Oak Brook, which serves the western suburbs of the Chicagoland area. “Even though you may not want to stay indoors because the sun is shining, sometimes it’s the wisest thing to do.

“It is important,” added O’Connor, “that seniors check with their doctors to see if they are taking any medication that will be affected by higher temperatures. In addition, many doctors prefer their patients don’t venture out in extremely warm temperatures.”

Here are four important tips to keep in mind when the temperature is

rising.

- Stay hydrated at all times

This is one of the most important tips to remember. It may be difficult to know when seniors are dehydrated because they may not feel thirsty and don't normally drink water. Keep in mind, dehydration can lead to headaches, rapid pulse, nausea, vomiting, flushed skin and fainting. Numerous university studies have shown that seniors who drink caffeinated beverages and alcohol and eat a diet high in sodium develop dehydration.

If you are a senior living alone, keep drinking water throughout the day. That should be your beverage of choice. As a caregiver, gently insist your client drinks water every day and explain the importance of this beverage to them.

- Don't overdress

Seniors need to wear clothes that are right for the weather. Don't wear heavy clothes, this time of year. Light colored cotton helps people feel cooler.

- Protect your eyes

Many seniors have vision problems due to cataracts, glaucoma and other eye issues. The sun can irritate your eyes so it's important to protect them. Wearing sunglasses is important for your eyes' health.

- Keep in contact with neighbors, friends and relatives

All seniors should have an emergency list posted on the refrigerator or a kitchen cabinet that is easily accessible. If you live alone make sure people know where your list is. As a caregiver, this list is important so you know who to contact in case of an emergency.

Senior Helpers is a home services agency known for its knowledge and skills related to seniors. Caregivers are carefully trained to work with various type of dementia clients, including Alzheimer's Disease, as well as Parkinson's clients.

If you are concerned about the health of your loved one and what you

can do to help them, contact Mary O'Connor at Senior Helpers 630-359-5775 or visit www.seniorhelpers.com/Elmhurst. You may also email Mary at: moconnor@seniorhelpers.com