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

Kathleen Votava
Aging Services Program Specialist
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

• Missouri Department of Health and Senior Services-GIS Cooling Centers Locator
  – [https://ogi.oa.mo.gov/DHSS/coolingCenter/index.html](https://ogi.oa.mo.gov/DHSS/coolingCenter/index.html)


• Ready.gov  [https://www.ready.gov/heat](https://www.ready.gov/heat)