

# IMPORTANT HEAT SAFETY TIPS FOR FAMILIES AFFECTED BY ALZHEIMER'S DISEASE

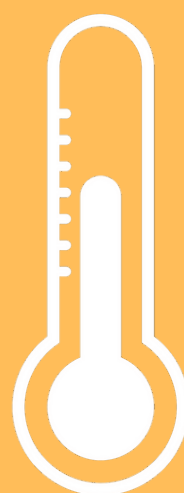


## HELP THE PERSON STAY HYDRATED

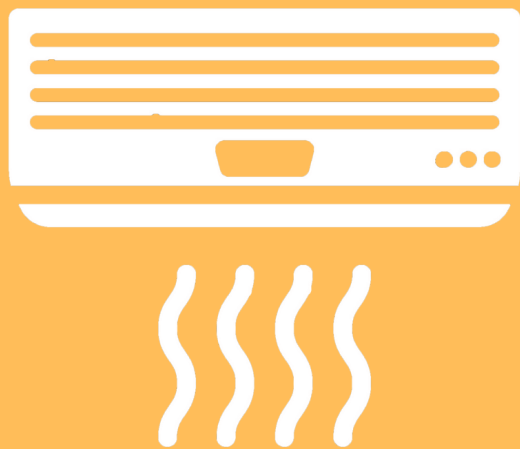
Alzheimer's disease and other dementia-related illnesses can diminish a person's ability to know when they are thirsty, making it critically important for caregivers to monitor them and encourage them to drink frequently.

## WATCH FOR HYPERTHERMIA

Watch for warning signs such as excessive sweating, exhaustion, flushed or red skin, muscle cramps, a fast pulse, headaches, dizziness, and nausea. If the person faints, exhibits excessive confusion or becomes unconscious, consider this a medical emergency and call 911.



## KNOW WHERE TO COOL DOWN



Many municipalities will open up air conditioned "cooling centers" where people who do not have air conditioning can go to cool down. These can include senior centers, libraries, community centers and other municipal/public buildings.

## WATCH OUT FOR WANDERING

Wandering, a common behavior among individuals with Alzheimer's, becomes even more dangerous in extreme heat conditions. Ensure the person's basic needs (water, food, using the restroom, etc.) are met, as wandering often stems from an unmet need. Keep a recent photo, medical info and list of favorite destinations available to aid in search and rescue efforts.



## HAVE A LONG DISTANCE PLAN IF NECESSARY



If you don't live near your loved one, arrange for someone who does to check on them. Inform them of emergency contacts and where important medical information can be found, such as their insurance card. Make sure the person has plenty of water and access to air-conditioning or other cooling mechanisms.