

Memory Care Summer Safety Tips: Protecting Against Heat Stress and Sun Stroke

Summer is a time of year that most of us look forward to. However, it can be a very dangerous season for loved ones with memory loss.

Loved ones with Alzheimer's disease and other forms of dementia typically lose their sensory abilities and have compromised judgement. Therefore, they may be unaware that they are overheated, dehydrated, or getting a serious sunburn. Fortunately, memory care experts offer a variety of safety measures to protect your loved one's health and enable them to join in on the summer fun!

Summer Safety Tips for Your Loved One Receiving Memory Care

According to leading memory care authorities at the **Mayo Clinic** and the [Alzheimer's Association](#), there are several steps you can take to keep your loved ones safe from summer heat. For example:

- **Limit the amount of sun exposure your loved one receives during the day** – Place outdoor furniture in shaded areas and keep your loved one indoors between 10 a.m. and 2 p.m. when the sun is strongest.
- **Help them apply plenty of sunscreen** – This is particularly important when they are outside for long periods of time.
- **Be sure they drink a sufficient amount of liquids** – Provide them with plenty of cool water or their favorite non-alcoholic beverage, and make sure they actually drink it to prevent dehydration.
- **Dress your loved one in cool, comfortable clothing** – Make sure they are dressed in lightweight clothes and feel your loved one's skin periodically for temperature. A hat with a large brim is also a good choice.
- **Keep their living area cool** – Use air conditioning or fans to help keep their living space comfortable.
- **Limit their exercise to the cooler times of the day** – Memory care experts emphasize that exercise is important for your loved one, but it should be limited to cool times of the day and cool areas of the home.
- **Avoid caffeine, alcohol and high sugar drinks** – Avoid any beverages that could cause them to become dehydrated.
- **Restrict access to swimming pools** – Swimming pools and hot tubs represent a significant hazard. If you have one, be sure to protect it with a fence and a gate with a lock. Also, cover the pool or hot tub when it is not being used.
- **Assure adequate rest** – Sufficient rest is also important and your loved one may need a nap or quiet time to help them deal with the heat.
- **Utilize safety resources** – Take advantage of useful safety resources such as [Medic Alert® + Alzheimer's Association Safe Return®](#) to protect your loved one and reduce their risk of wandering.



Remember, memory care experts advise that social engagement activities are very beneficial for your loved one with memory loss. Therefore, be sure to include them in picnics, backyard get-togethers and walks in the sunshine. Just remember to take the necessary precautions to protect them from becoming overheated.

***Live Vibrantly!* at Provident Village at Creekside**

At Provident Village at Creekside, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!

