



## Keeping Cool in the Summer

Regardless of whether or not a senior is homebound, it's necessary to make sure they are kept safe from the dangers of summer heat. Fortunately, there are some precautions volunteers can take to protect seniors or homebound individuals from heat-related illnesses during the hot summer months:

Here are some simple ways to keep a senior friend cool and comfortable at home:

**Keep a full glass of ice cold water near** seniors to ensure they stay hydrated, which is especially beneficial in older age. [Staying hydrated](#) is a key way to regulate internal body temperature and prevent dehydration.

**Draw the shades/curtains during the hottest points of the day.** Though letting in some natural sunlight is a quick mood-booster, it can make a room significantly hotter to an uncomfortable degree.

**Make sure their air conditioner is installed and functioning properly.** Air filters should be changed every few months, depending on use. If the unit is unusually noisy, there's a good chance there could be a problem with the fan belt. Contact a professional to diagnose the issue.

**Offer seniors or homebound individuals a cool, damp cloth to pat down with.** Look for signs like fatigue, dizziness or heavy sweating, which can indicate heat exhaustion.

These are just some ways homebound individuals can stay safe and cool in the summer. For more ways to keep the home comfortable, read this [article](#) with additional tips.