

Appendix E

FAMILY TIP SHEET FOR (LTCH) RESIDENT OUTINGS DURING HOT WEATHER

Increased physical activity generates additional body heat and sun exposure can significantly add to the body's heat production. Therefore, families who take LTCH residents out on activities during the summer months are strongly encouraged to take extra care and attention. The signs and symptoms of heat related illness can occur quite quickly with little or no prior warning. In hot weather conditions, the changes can occur suddenly with no warning. While the following tips are general in nature, families are always encouraged to check with a physician regarding any special resident fluid restrictions, diet needs, medication or other issues that may interfere with a resident's ability to tolerate heat

WARM WEATHER

Clothing:

A LTCH resident should wear loose, lightweight, light-coloured clothing. A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.

Nourishments:

Frequent, smaller meals may be more easily tolerated during hot weather. Encourage fluids before, during and after meals, as appropriate to avoid dehydration. Between meals, frequently offer cool fluids like water, fruit juices and electrolyte replacements drinks. Other hydrating/cooling choices for snacks may include frozen popsicles, juice bars, ice cream, sherbet and watermelon. Alcohol may cause dehydration and should be avoided.

Physical Activity:

Keep physical activity to a minimum. Allow for frequent rests and encourage rest even if the individual does not indicate being tired. Attempt to stay indoors between 11:00 AM and 4:00 PM, the warmest part of the day.

Skin Protections:

If outside, ensure that individuals are kept out of direct sunlight by using shade trees, covered awnings or patio umbrellas. Sunscreen should always be applied, even in the shade, as the elderly are very susceptible to sunburn. Remember to reapply as needed or directed on the package.

Staying Cool:

With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather. Keep cool cloths handy to apply to the face, neck, and arms. Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly

SEVERE / HOT WEATHER

In addition, families should:

Outings:

- Consider cancelling outings;
- Transportation should be where possible in air-conditioned vehicles.
- Keep outings limited to destinations that are air conditioned such as shopping mall, community centres, places of worship or air-conditioned homes, etc.
- While out, ask or look for the following signs or symptoms of hot weather-related illness:

Ask If They Feel	Look For
Shortness of Breath	Shortness of Breath
Palpitations, throbbing headache	Hot dry skin, flushed skin
Muscle cramps, extreme weakness	Confusion
Nausea, dizziness, light headedness	Lack of co-ordination
Feeling faint, tingling in hands or feet	Unusual swelling of feet and / or ankles

If residents describe or families suspect any signs or symptoms of hot weather-related illness, quickly find the individual a seat in a shaded or air-conditioned environment and rapidly cool them with wet cloths or water baths. Get emergency medical assistance immediately.

In addition, when returning the resident to their LTCH, report to the appropriate staff how the resident tolerated the heat and activity, including how much fluid the resident drank as well as any concerns relating to the general well-being and health of the resident.
