

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Summer Safety: Tips for Preventing Heat Stress in Loved Ones with Memory Loss

While summer is a time of year that most of us look forward to, it can also be a dangerous time for loved ones with memory loss.

Because individuals with Alzheimer's disease and other forms of dementia typically lose their sensory abilities, they may be unaware that they are overheated, dehydrated or getting a serious sunburn. Fortunately, there are a variety of safety measures you can take to protect your loved one's health and enable them to enjoy the summer fun, too!

- **Apply plenty of sunscreen on your loved one** – This is particularly important when they are outside for long periods of time.
- **Limit the amount of sun exposure they receive during the day** – Place outdoor furniture in shaded areas and keep your loved one indoors between the hours of 10 a.m. and 2 p.m., when the sun is strongest.
- **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 cooler times of the day** – 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 significant risks. 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 important and our 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® or Comfort Zone® to protect your loved one and reduce their risk of wandering.

#### Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with Engaging Days and Meaningful Moments that emphasize individual abilities, encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of

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leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

**For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.**

***Disclaimer:*** The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.