HeatWise
Caregiver Climate Resilience Toolkit

HeatWise for Caregivers:

Staying Safe & Cool in Extreme Heat

As temperatures soar, protect yourself and your older loved ones from the dangers of extreme heat. **Here are a few easy ways to keep cool during hot days:**

Tips to Stay Cool Physically

(For You *and* Your Loved One)

- Stay Hydrated and make sure you and your loved one drink plenty of fluids throughout the day.
- Take and offer cool showers or baths.
- Soak a towel or bandana in ice water-place on your neck, forehead, and wrists
- Freeze damp washcloths or sponges in a plastic bag
- Keep spray bottle of water in the fridge and mist yourself and your loved one regularly to keep cool
- Soak your feet in a shallow pan of cool water for relief.
- Use a portable, wearable, or handheld fan—even a paper fan works in a pinch
- Sit near plants—they can cool the air naturally

Protect Your Environment

- Wear loose, light-colored clothing.
- Limit physical activity from **10 a.m.** to **4 p.m.**- Reschedule chores for cooler times of day.
- Stay indoors with fans or AC or visit cooling centers.
- Wear sunscreen and a hat if going outside.
- Know the signs of Heat Illness

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LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

This project was supported by **Molina Foundation**

Learn more at **losangelescrc.usc.edu/heatwise**

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Always share your HeatWise emergency plan with others you can count on.

Caregiver Hydration & Medication Tips

(Quick Wins for You and Those You Care For!)

Don't wait to feel thirsty—schedule regular water breaks and offer liquids often

Serve liquids in a favorite or fancy glass with a mini umbrella or fruit slices. -make it special!

Blend ice, water and a little juice to make a fun, slushy, cool mocktail—more fun to drink!

Eat juicy snacks like watermelon, cucumber, berries, lettuce, and celery

Freeze grapes or fruit slices for a hydrating treat or freeze juice and eat like popsicles

Keep meds cool and out of direct sunlight. Store in a cooler with cold packs during a power outage

Know which meds increase heat sensitivity—check with the pharmacist

CONNECTION & CARE | COPING WITH STRESS IN EXTREME HEAT

- **Caregiving in extreme heat adds extra pressure**
- **Extreme heat can cause behavior changes especially for those with dementia**
- **Try brief, calming resets like deep breathing or splashing cool water on your face**
- **If possible, take turns with someone you trust—even short breaks help-seek help-YOU matter too!**
- **Step outside into the shade or take a few minutes for yourself indoors**

Share your plan with other family caregivers.

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