

Dementia and Summer SAFETY TIPS

Dehydration, heat exhaustion/heat stroke, and sunburn are summer concerns for everyone. But for a person with dementia, there are additional circumstances that can put the person at greater risk.

Below are some tips to help when caring for a person with memory loss:



- Keep coats, heavy sweaters, and other cold weather apparel in areas that the person cannot locate them. Remove them from closets and place in under bed storage or other areas where they are not easily accessible.
- Provide popsicles, cut up watermelon and other foods which provide hydration.
- Have pre-poured cups of juice and water in the refrigerator. The process of pouring something to drink may be difficult for some with dementia. Place bottled water in visible locations throughout the living environment. Do not depend on your loved one to go to the refrigerator. Having the bottled water out on the counter could trigger a person to drink.
- Include applying sunscreen as part of the morning routine. Many medications can increase the effects of the sun on a person. Consider a hat and other protective clothing as a way to shield from the sun.
- Use air conditioners with automatic settings to assure system is on when needed. Your Loved one may have difficulty determining the need and/or acting on the need for the air conditioning.
- Register your loved one in the Safe Return program. Because summer is the time when people spend time outdoors, your loved one may be at an increased risk of wandering.

***For additional information on caring for a person with dementia,
please contact Artis Senior Living of Bridgetown at
bridgetown@artismgmt.com or by calling 513-832-1597.***

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MEMORY CARE BY DESIGN