



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

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A Healthy Tradition of Care and Wellness

Memory Care Safety Tips for Your Loved One this Summer

The warm, sun-filled days of summer are a time of year that many of us look forward to. However, summer can also bring safety risks to loved ones receiving memory care since they lose their sensory abilities and have compromised judgement.

Fortunately, memory care experts offer a variety safety measures to protect your loved one's health and enable them to join in on the summer fun with your family.

Memory Care Safety Tips to Protect Your Loved One from Summer Heat

As an example, memory care specialists at the [Alzheimer's Association®](#), provide 10 helpful tips to keep your loved ones safe from summer's heat. These include:

- **Limit the amount of sun exposure your loved one receives during the day** – Place outdoor furniture in shaded areas and keep your loved one indoors between 10 a.m. and 2 p.m. when the sun is strongest.
- **Use plenty of sunscreen on them** – This safety tip is particularly important when they are outside for long periods of time.
- **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 them 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 safe and comfortable.
- **Limit their exercise to the cooler times of the day** – Memory care therapists emphasize that 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 beverages that could cause them to become dehydrated.
- **Restrict access to swimming pools** – Memory care experts warn that swimming pools and hot tubs represent a significant hazard. 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 also important, say memory care therapists, 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.

By following these expert memory care safety tips, you can keep your loved one safe this summer while also enabling them to enjoy backyard cookouts and other fun outdoor activities with the rest of your family.



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Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at (610) 658-5100 or [contact us](#) online.

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