

July Newsletter

Summer Safety for Seniors: Simple Ways to Stay Safe, Cool & Connected

Summer is a wonderful time for sunshine, family gatherings, and enjoying the outdoors. But warmer temperatures can also create additional challenges for older adults. At **Supportive Steps Home Health Care**, we believe education and preparation can help seniors remain safe, comfortable, and independent at home.

Stay Safe During Hot Weather

Older adults may be more sensitive to high temperatures and sudden changes in weather. During especially hot Illinois summer days, a few simple precautions can make a difference.

- Stay indoors in an air-conditioned or cool environment during the hottest part of the day.
- Choose lightweight, loose-fitting clothing.
- Keep curtains or blinds closed when direct sunlight is heating the home.
- Plan outdoor activities for cooler times of the day.
- Check regularly on older family members, friends, and neighbors who live alone.

Make Hydration Part of the Daily Routine

Keeping water nearby throughout the day can make it easier to remember to drink regularly.

Fresh summer foods such as watermelon, strawberries, oranges, cucumbers, and other fruits and vegetables can also be refreshing additions to meals and snacks.

Anyone who has been instructed by a healthcare professional to restrict fluids should continue following their healthcare provider's recommendations.

Give the Home a Summer Safety Check

A safer home can support greater independence.

Take a few minutes to look for:

- Loose rugs or clutter that could create a tripping hazard
- Electrical cords crossing walking areas
- Poorly lit hallways, stairs, or bathrooms
- Frequently used items that are difficult to reach
- Fans or cooling systems that are not working properly

Small changes around the home can make everyday routines easier and more comfortable.

Stay Connected This Summer

Social connection is an important part of everyday well-being. Summer is a great opportunity to spend meaningful time with an older loved one.

Consider enjoying a morning walk when temperatures are comfortable, playing cards or a favorite game, looking through family photographs, listening to music, working on a hobby, or simply sitting together for a conversation.

Sometimes the simplest activities create the most meaningful moments.

How Supportive Steps Home Health Care Can Help

Families don't have to manage every responsibility alone. Non-medical home care can provide additional support for older adults who want to continue living comfortably and independently at home.

Supportive Steps Home Health Care proudly serves families throughout **Tazewell, Peoria, McLean, Woodford, and Marshall counties in Illinois.**

Whether your loved one could benefit from companionship or assistance with everyday activities, we're here to help families explore their options.

Take a Supportive Step Today

Have questions about non-medical home care for yourself or someone you love?

Call Supportive Steps Home Health Care at 309-231-9011.

Supporting independence. Encouraging dignity. Caring for our community—one step at a time.

This newsletter is for general educational purposes and is not intended to replace professional medical advice. For health-related questions or concerns, please consult an appropriate healthcare professional.