



Hot weather check-in on elders

When the temperature soars, older adults are most susceptible to the heat's ill effects. Please check in on your elder friends and relatives, especially if they are on diuretics or other medications that increase the risk of dehydration. Encourage them to follow these precautions:

- Drink fluids and avoid caffeine
- Eat fruits and vegetables for extra hydration
- Stay indoors and out of the sun
- Limit physical activity
- Wear lightweight, loose-fitting clothing
- Use air conditioning or an electric fan
- Walk slowly, and use a cane, walker or wheelchair if necessary

Little Brothers - Friends of the Elderly has provided one-on-one companionship services, advocacy and social activities for isolated and lonely older adults in the Twin Cities since 1972. A 501(c)(3) nonprofit organization, LBFE has been recognized by the Charities Review Council for meeting its 27 Accountability Standards. More information about LBFE can be found at littlebrothersmn.org.

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