

ALONE express dehydration concern for vulnerable older people ahead of expected heat wave

21st July 2014 ALONE, the charity that supports older people in need, is urging older people to take caution in the upcoming warm spell and is asking members of the public to keep an eye on potentially vulnerable older people in the heat.

Met Eireann have forecast hot weather conditions for the coming week with temperatures expected to reach 25°C and heavy humidity also means that the nights will be unusually warm with temperatures sitting at 15°C and 16°C.

ALONE are cautioning older people to stay hydrated, avoid direct sunlight for extended periods and wear lighter clothes made of natural fabrics.

Sean Moynihan, CEO of ALONE said, “The fact is, the older we get, the more susceptible we are to dehydration. Older people’s receptors for thirst are less keen, so they can go for extended periods without feeling the need to drink even if they’re verging on dehydration, other factors such as poor circulation, heart, lung or kidney problems can also heighten the dangers. The level of water stored in the body naturally declines as we age, which makes older people a real target for dehydration.”

ALONE are also reminding members of the public to keep an eye on potentially vulnerable older people and ensure that they are getting enough fluids during the heat wave.

Those who have concerns for an older person, or older people in need of assistance can contact ALONE on (01) 679 1032. The charity, which depends on donations from the public, has volunteers and staff ready to act on requests for assistance, and works with other charities and bodies to ensure all calls for assistance are responded to. ALONE can assist and advise on issues relation to food, heat, or medication. Older people are also advised to have a list of important phone numbers close to their home phone.

Further information, including advice and tips for older people in cold weather conditions, can be found on www.alone.ie.