



SUMMER WELLNESS & SAFETY FOR OLDER ADULTS

Summer brings sunshine, warmer temperatures, and more opportunities to enjoy the outdoors. It also presents unique challenges for older adults. As the season heats up, here are a few important summer safety tips to keep in mind:

STAY HYDRATED

Dehydration can lead to confusion, dizziness, falls, and UTIs. Stay hydrated by drinking plenty of water, limiting excess caffeine and alcohol, and enjoying water-rich foods like watermelon and other fruits.

AVOID OVEREXPOSURE TO HEAT

Hot weather can increase the risk of heat-related illness. Stay cool, avoid peak heat hours, and watch for signs such as dizziness or confusion.

EAT A BALANCED DIET

Even in the summer, maintaining a balanced diet with fruits, vegetables, lean proteins, and whole grains can help support hydration, energy, and overall wellness.

PROTECT YOURSELF FROM THE SUN

Protect your skin by wearing SPF 30+ sunscreen, sunglasses, and a hat, and seek shade when possible.

STAY ACTIVE SAFELY

Summer is a great time to stay active through walking, gardening, swimming, or spending time outdoors. To stay safe, choose cooler times of day, take breaks as needed, and wear supportive footwear to help prevent slips and falls.

By taking a few simple precautions, you can enjoy a safe, healthy, and comfortable summer. A little planning goes a long way toward making the season both enjoyable and worry-free.

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