

Putting the Heart in Home Care

Newsletter for our Employees, Friends & Families-Winter 2019

Preventing Hypothermia in our Seniors and Caregivers

As we continue with the brutal winter months, it is important to know that keeping our seniors and caregivers warm and safe is dear to our heart. Here are some helpful ways to help prevent hypothermia:

Preventing Hypothermia Inside the Home

Always make sure your thermostat is set to 68 degree Fahrenheit or more.

If you want to save money on heating costs there are some tips to do that:

Close off rooms that are not used often, place rolled blankets or towels on the floor of any infrequently used entrance doors to block drafts, make sure all windows are firmly closed and use commercially available window sealing treatments for any windows with drafts.

Make sure you and the client has layered clothing to control body temperature. Long underwear, socks, slippers, sweaters over t-shirts can help you stay comfortable.

Use extra blankets at night for sleep and lay a blanket over the client if they will be sitting for long periods of time.

As much as possible, try to keep

you and the client active. Sitting or lying down for long periods of time can make it harder to keep a normal body temperature in cold weather. Simple exercises such as walking inside the home, doing chair exercises at home, assisting with folding laundry and going to walk at the mall when appropriate would be helpful.

Preventing Hypothermia Outside the Home

Look at the weather report and decide how to prepare for your time outdoors. Sometimes, temperatures that seem relatively warm can be a risk of hypothermia since wind and wet weather can cause the body temperature to drop.

Wear appropriate clothes and ensure your client is also dressed appropriately. It is best to dress in layers. If it is damp outside, make sure you and the client wear water repellent outer wear like rain coats, etc. Getting wet can make body temperature drop rapidly.

If windy, consider staying in. High winds can reduce body tem-

perature rapidly.

Always wear hats and scarves. The head area is where we often lose a lot of our body heat. Do not stay out too long.

Do not wear cotton since it isn't warm enough to keep you safe from hypothermia. Have a means of communication with you and call immediately you realize you need help. Always have the company phone number on you.



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Be Safe:

All Caregiver should stop by during office hours from Monday through Friday between 8:30am-5:00pm to pick up sand bottles. Call the office 24/7 phone number 860-510-3959 if you are having difficulties getting to the client's home.

Recognizing Signs of Hypothermia

Signs of Mild Hypothermia

Behavioral changes: can act angry, confused, or as if drunk: slow speech, slurred words, or acting sleepy.

Pale skin - particularly in the face

Puffy face or swollen looking eyes

Cold extremities - hands, fingers, feet, toes

Dizziness and/or shivering

Severe Hypothermia Symptoms

Very slow and unable to sit up, walk or move about in a coordinated way

Slow, shallow breathing

Oddly stiff arm and leg movements. Follow emergency plan for safety.

Source: CDC

www.facebook.com/dvhomemakers.companionship