



POOL SAFETY for Seniors

- ❑ **Use the Buddy System.** Ideally, nobody should ever swim alone. Seniors are more susceptible to drowning than most age groups. Cramps, dizziness, and fatigue are common safety concerns.
- ❑ **Always Wear Sunscreen.** Sunscreen is crucial for swimmers of all ages, but seniors in particular have more sensitive skin and a higher risk of developing skin cancer. The American Academy of Dermatology recommends a waterproof sunscreen with an SPF of at least 30.
- ❑ **Be Cautious Getting In and Out.** Pool decks and step ladders can become slipping hazards. Ladders might also be too difficult for some elderly people to use. To avoid injury, make sure seniors take their time and have a good grip when getting in and out of the pool.
- ❑ **Take Breaks Regularly.** Exhaustion and overexposure to the sun can cause injury and lasting damage, so breaks should be taken often, especially when exercising. Seniors should leave the pool and rest in the shade or indoors if tired.
- ❑ **Consult With a Doctor.** Swimming puts much less stress on your bones, muscles, and joints than other forms of exercise, and it increases strength and balance – but it's not suitable for everyone. Seniors should consult their doctor to make sure their body is healthy enough to perform swimming exercises.

Source: Pool Pro Inc.



SUMMER SAFETY for Seniors

- ❑ **Stay hydrated.** Drink eight or more glasses of water and/or fruit juices every day. Avoid alcoholic and caffeinated beverages as they can leave you dehydrated quickly. Increase your intake with physical activity or extreme heat.
- ❑ **Stay Indoors During Extreme Heat.** The sun is the most intense between 10 am and 4 pm. Limit your outdoor activity to morning and evening.
- ❑ **Stay in an Air-conditioned Place.** If you don't have AC in your home, go somewhere that does. A movie theater, the mall, a friend's home or a community center are good options.
- ❑ **Know the Forecast and Dress Appropriately.** Wear loose-fitting, lightweight clothes in natural fabrics like cotton. Light colors reflect the heat.
- ❑ **Protect your Eyes and Skin.** Wear sunglasses to block your eyes from harmful UV rays. Protect your skin by wearing hats, sunglasses and a sunscreen of SPF 30 or higher, that protects against both UVA and UVB radiation.
- ❑ **Know the Side Effects of Your Prescriptions.** Look over your medications as some can cause increased sensitivity to the sun.
- ❑ **Know the Early Signs of Heat-related Illness.** Signs include disorientation, dry skin, headache, excessive tiredness, lethargy, nausea, flushed face, high temp, rapid pulse, dizziness and confusion.

Source: Council on Aging

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