



Press Contact

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Home Care Assistance Shares Tips for Seniors to Beat the Heat and Stay Safe

With 40% of heat-related fatalities affecting seniors, Home Care Assistance specially trains caregivers in elderly heat stroke and exhaustion prevention techniques

(Dayton, Ohio – July 10, 2018) [Home Care Assistance](#), Dayton’s premier home care provider, hires the industry’s most experienced, thoroughly trained and vetted caregivers. This month, Home Care Assistance caregivers are focused primarily on ensuring Home Care Assistance clients are safe from the summer heat. With 40% of heat-related fatalities affecting those over 65, high temperatures can be dangerous if proper precautions are not taken. Many seniors are vulnerable to the heat because they are not able to distinguish a change in body temperature, or they have health conditions that make it more difficult to adapt to an increase of temperature during the summer. To avoid heat stroke and exhaustion, here are three tips to keep in mind this summer:

- **Stay hydrated** – Drink water! Drinking water protects the body from exhaustion and heat related fatigue.
- **Drink “cool” water** – The human body hydrates best when water is slightly cool or at room temperature. If it’s too cold, the human body must work to heat it up, and if it’s too hot, the body must exert additional energy to cool it down.
- **Dress to refresh** – Clothes also play an important role in keeping body temperature down as outdoor temperatures rise. It’s best to wear light colored, airy clothing. Brighter colors reflect sunlight, which can keep the body calm, cool and collected during the day.

“At Home Care Assistance, we go above and beyond when it comes to caring for our clients,” says Mark Febus, Owner at Home Care Assistance Dayton. “Through our concierge-level home care services and dedicated caregivers, we make sure our clients not only have their daily needs met, but have meaning and purpose restored to their lives through compassionate care and engagement.”

By expertly matching caregivers and clients, the company is able to provide the highest level of customized care to each individual client. Home Care Assistance caregivers undergo continuous education on aging and disease related topics through the company’s proprietary Home Care Assistance University platform to promote long-term health, client safety and peace of mind for family members.

Clients of Home Care Assistance of Dayton receive professional and customized care plans at no additional charge. To find out more about Home Care Assistance of Dayton, please visit

www.HomeCareAssistanceDayton.com or call 937-353-7997 at any time. Home Care Assistance of Dayton is located at 6109 Far Hills Avenue, Dayton, OH 45459.

About Home Care Assistance

[Home Care Assistance](#) is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2018 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. The company was recognized as a [2017 Endorsed National Provider](#) by the home care industry's leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.