

August and September Virtual Education Opportunities

To register, call **800.272.3900**

- Aug 8 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Early Stage 1](#)
- Aug 10 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Early Stage 2](#)
- Aug 15 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Early Stage 3](#)
- Aug 17 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Middle Stage 1](#)
- Aug 22 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Middle Stage 2](#)
- Aug 24 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Middle Stage 3](#)
- Aug 29 3:30-5:00 p.m. [Living With Alzheimer's for Caregivers: Late Stage](#)
- Sep 1 9:00-10:00 a.m. [10 Warning Signs of Alzheimer's](#)
- Sep 6 5:00-6:00 p.m. [Dementia Conversations](#)
- Sep 14 2:00-3:00 p.m. [Managing Money](#)
- Sep 15 9:00-10:00 a.m. [Understanding Alzheimer's and Dementia](#)
- Sep 22 1:00-2:00 p.m. [Effective Communication Strategies](#)
- Sep 28 1:00-2:00 p.m. [Dementia Conversations](#)

Alzheimer's and Extreme Heat: Exercise Caution!

As temperatures rise, extreme heat can have a significant impact on everyone's safety, but these conditions can be especially stressful and confusing for individuals with Alzheimer's and other dementias.

"Alzheimer's disease causes a number of changes in the brain and body that may affect the individual's safety, including changes in sensitivity to temperatures," said Melanie Williams, Program director for the Alzheimer's Association of Montana.

According to a study by the National Institutes of Health (NIH), people living with Alzheimer's were 6% more likely to die on an extremely hot day, with an added 6% increased risk for individuals with previous hospital admissions for atrial fibrillation.



There are more than 6.5 million Americans living with Alzheimer's, including 22,000 Montanans. Planning ahead for weather changes, including extreme heat, can prevent injuries and help a person feel more relaxed and less overwhelmed.

"People living with Alzheimer's and other dementias can be more vulnerable than normal during extreme weather because their judgment may be impaired and they may be unable to

communicate their discomfort,” said Williams. “It’s important to take extra precautions with these individuals during periods of extreme heat or other severe weather conditions.”

The Alzheimer’s Association is offering important safety tips for caregivers and families dealing with Alzheimer’s and other dementias to prepare for the hot days ahead:

- Make a plan. Family and friends should prepare accordingly and make plans to regularly check in on a person living with Alzheimer’s during periods of extreme heat. Arrange alternative plans for cooler spaces if air conditioning is unavailable, and dress in loose-fitting, light clothing.*
- Pay attention at night. Keep people living with Alzheimer’s cool by using fans and keep the air conditioning on. At night, low temperatures can still exceed 75 degrees with little fluctuation in humidity levels, making for difficult sleeping conditions, heightened anxiety and increased agitation.*
- Prepare for behavioral changes. Research shows that heat can increase agitation and confusion in people. Try to remove behavioral triggers by addressing the person’s physical needs related to the heat, then tending to their emotional needs.*
- Stay hydrated. Increased water intake is essential to maintaining good hydration and health during extreme heat. Know the signs of heat exhaustion to avoid heat stroke. Dehydration may be difficult to notice in a person living with Alzheimer’s, as signs like increased fatigue, dry mouth and headache may be difficult to detect. People taking diuretics, sedatives, or certain heart medications may not sweat as much as others, but this does not mean they are not hot.*
- Stay indoors out of the sun. Heat stroke and heat exhaustion may occur in extreme heat conditions but symptoms may be difficult to detect in people living with Alzheimer’s and other dementias. Keep individuals cool by using air conditioning at home or move to a public place, such as a senior center or shopping mall. If you must go outside, dress appropriately with loose-fitting, light clothing, wear a hat and apply sunscreen with an SPF of 30 or higher.*
- Stay informed. Keep an eye on local weather forecasts. High temperatures are not the only cause for concern. Humidity and air pollution can cause breathing difficulties. The person should be monitored regularly, and seek medical attention if symptoms arise of dehydration, heat exhaustion or heat stroke.*

The Alzheimer’s Association is here to help families prepare for and cope for such extraordinary circumstances. For more information, visit www.alz.org or call the Association’s free Helpline, staffed by trained professionals around-the-clock, at 800-272-3900.