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Home Care Assistance of Ft. Lauderdale 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

(Fort Lauderdale, FL – July 5, 2018) [Home Care Assistance of Ft. Lauderdale](#), the area's leading provider for in-home senior care, hires the industry's most experienced, thoroughly trained, and vetted caregivers. Throughout the summer, caregivers are focused on ensuring 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 might have health conditions that make it more difficult to adapt to temperature increases. To avoid heat stroke and exhaustion, here are several tips:

- **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; 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, our primary concern is the well-being of our clients,” said Manpreet Dhalla, Owner/President of Home Care Assistance of Ft. Lauderdale. “Through our personalized home care services and dedicated caregivers, we make sure our clients are kept hydrated, cool, and safe during the summer months—which is especially important here in South Florida.”

By expertly matching caregivers and clients, the company is also 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 Ft. Lauderdale receive professional and customized care plans at no additional charge. To find out more about Home Care Assistance of Ft. Lauderdale, please visit

www.HomeCareAssistanceFTLauderdale.com or call 954-909-0370 at any time. Feel free to drop by the office located at 5975 N Federal Highway, Ste 124, Fort Lauderdale, FL.

About Home Care Assistance

[Home Care Assistance](http://www.HomeCareAssistance.com) 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 2017, 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 [2018 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>.