Alzheimer’s Society warns of effect of heat on people with dementia

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Alzheimer's Society is warning that today's high temperatures could lead to severe health problems among vulnerable people with dementia unless they take special precautions to keep cool and well-hydrated. The problems can become particularly exacerbated if people are living on their own.

Megan Cruise, Advice Service Manager at Alzheimer's Society said:
'A heatwave can lead to a vicious cycle. People with dementia may forget to drink enough fluids and wear suitable clothing. Dehydration and high body temperatures can lead to greater confusion.

As temperatures rise today, we are urging relatives, carers and others to check in on people with dementia to make sure they are OK. Stay hydrated by drinking plenty of water, eat regularly to replace salts, dress in cool, light clothes and stay out of the heat. If you know someone with dementia, pop in to see them and make sure they're remembering to take extra measures to keep themselves healthy during the hot weather.'

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