



ERASMUS+ HOPE RESPONDING TO HEATWAVES IN THE OLDER PEOPLE ECOSYSTEM

The project HOPE (Responding to Heatwaves in the Older People Ecosystem) aims to put the severe health threats of heatwaves on the agenda of the older adult service and healthcare sectors and to have an inclusive approach for the whole ecosystem by:

- Developing and strengthening competencies of students, informal caregivers, and professionals in older adult health, care and social sectors on better responding to the needs of older adults during heatwaves and thereby better mitigating the risks.
- Supporting and stimulating organisations in the older adults ecosystem to apply guidelines and best practices regarding care during heatwaves.
- Supporting local and regional authorities through developed Policy Recommendations on how to play a role in the fight against heat risks for their older inhabitants.
- Communicating and disseminating project results and best practices at local, regional, national, European, and international levels.

PARTNERS

- GEMEENTE ROTTERDAM Netherlands, <https://www.rotterdam.nl>
- ISTITUTO PER SERVIZI DI RICOVERO E ASSISTENZA AGLI ANZIANI, Italy <https://www.israa.it>
- IRMANDADE DA SANTA CASA DA MISERICORDIA DA AMADORA Portugal <https://www.misericordia-amadora.pt/>
- STICHTING HOGESCHOOL ROTTERDAM, Netherlands, <https://www.hogeschoolrotterdam.nl>
- KOINSEP CYCLADES -ALTERA VITA, GREECE <https://e-learning.alteravita.eu/>
- ELISAN RESEAU EUROPEEN POUR L INCLUSION ET L ACTION SOCIALE LOCALE, France, <https://www.elisan.eu/>

<https://hope-heatwaves.eu/>

Gemeente
Rotterdam

ISRAA
Istituto per Servizi di Ricovero
e Assistenza agli Anziani
Ricordi di ieri, gesti di oggi.

santa casa da misericórdia
A M A D O R A

ALTERA VITA
Social
Cooperative
of Cyclades

elisan
the social european network



Funded by
the European Union

GLOBAL WARMING AND CLIMATE CHANGE

These terms are often interchanged. Learn the difference from the Green Thumb Conservation Society!

GLOBAL WARMING

ONLY AN ASPECT OF CLIMATE CHANGE

It refers to the long-term temperature increase of Earth.

PRIMARILY MANMADE

People burning coal, oil, and gas largely affect it.

OBVIOUS CHANGES

Signs of global warming include the melting of ice caps and the rising of temperature in polar regions.

MORE DROUGHTS

More frequent droughts and heatwaves

CLIMATE CHANGE

A BROADER RANGE OF CHANGES

It includes all the changes happening to our planet.

HUMAN AND NATURAL CAUSES

Earth's climate naturally changes over time due to natural occurrences. However, human activities also contributed to it substantially.

SUBTLE BUT CERTAIN CHANGES

The main sign is an incremental but extreme change in global weather patterns

STRONGER HURRICANES

More frequent and intense hurricanes

REFERENCES

Be a good human and cite your sources!

WHAT TWO DEGREES TEMPERATURE RISE MEANS TO OUR EARTH

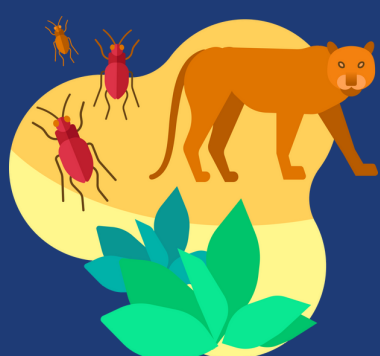
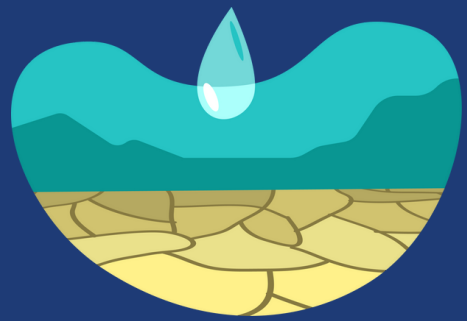


Since the last century, the Earth has already experienced an exponential rise in temperature by 1°C. If the increase continues to reach 2°C in the future, the consequences will be catastrophic and irreversible.



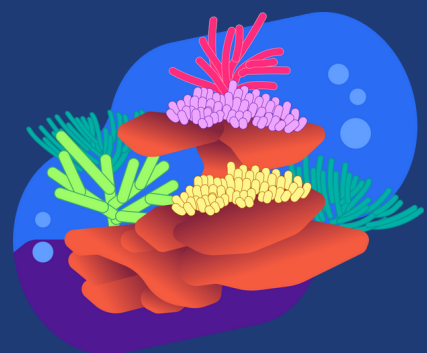
Once every five years, 37% of the world population is exposed to extreme heatwaves.

More than 400 million people worldwide are live with water scarcity.



The earth loses 18% of insects, 16% of plants, 8% of vertebrates.

The coral reefs around the world decline up to 99%.



Sea levels rise by up to 46 cm and impact 30 to 80 million people.

visit www.reallygreatsite.com to learn what you can do to help protect our planet.



WHAT YOU SHOULD DO DURING HEATWAVES

A heatwave is when extremely hot weather in a particular region can last for two or more days. In addition, the temperatures have to be measured beyond the historical averages for that specific area. Due to climate change, heatwaves can affect the human body and even cause death in some cases.

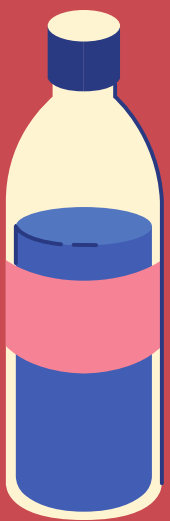
KEEP AWAY FROM SOFT DRINKS AND ALCOHOL

These types of drinks worsen dehydration in your body. Soft drinks can exacerbate dehydration and increase the potential of getting kidney injury. Alcoholic drinks should also be avoided since they can increase urine output, boosting the risk of dehydration.



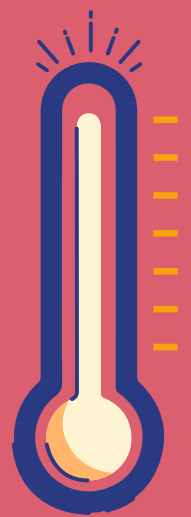
DRINK AN ADEQUATE AMOUNT OF WATER

You will sweat more in hot weather as a mechanism to cool your body off. So, it is essential to refuel the fluids you lost inside your body with drinking water. It is much better to bring a water bottle to avoid dehydration as you go outside for any activities.



BETTER TO STAY INSIDE THROUGH THE HOTTEST TIME OF THE DAY

If there is no necessary outdoor activity or event, limiting the time of sunlight exposure and staying inside the building during the hottest part of the day is safer. Being physically active outdoors during extreme heat can lead to heat exhaustion.



IT IS RECOMMENDED TO WEAR LOOSE-FITTING AND LIGHT-COLORED CLOTHING

Wearing proper clothing for excessive heat weather will make a massive distinction in how your body feels and how you feel comfortable during the day. Moreover, loose-fitting clothing accelerates air circulation, and light-colored clothing will reflect more light and heat. As a result, these will keep your body more relaxed and comfortable.

