

Heat Resilience for Elderly

Duration	4 hours
Course Modules	<ol style="list-style-type: none">1. Understand the impact of Singapore's hot and humid climate on the body, particularly how aging affects heat tolerance and hydration.2. Recognize early warning signs of heat-related illnesses, such as heat exhaustion and heat stroke, and know when to seek medical help.3. Identify simple, effective strategies to stay cool at home, such as using fans efficiently, taking regular cool showers, and dressing in light, breathable clothing.4. Learn how to stay hydrated safely, including appropriate fluid intake, especially for those with medical conditions like hypertension or kidney disease.5. Use electrical cooling appliances safely, such as fans and air conditioners, while understanding how to balance comfort with energy efficiency.6. Make the home more heat-resilient by using curtains, reflective films, or plants to reduce indoor heat.7. Understand government schemes and support programs in Singapore that assist with utility bills, appliance upgrades, or eldercare services related to heat and health
Language	English
Certification	A Certificate will be issued upon completion of the course
Methodology	<ul style="list-style-type: none">• Discussion• Scenarios
Course information	Participants will define heat stress, understand the ability to cope with and recover from heat stress or extreme temperatures, which is essential due to age-related vulnerabilities. Older adults are more susceptible to heat-related illnesses because of factors like chronic health conditions, reduced ability to regulate body temperature, and medications that affect hydration.