HOPE

Responding to Heatwaves in the Older People Ecosystem

COOLING THE HEAT!

3rd and 4th of March 2025

Brussels, Belgium

How it started and grew

By Josine van den Bogaard

HOPE Responding to Heatwaves in Older People Ecosystem

elisan the social european network

European Network of Social Authorities

Co-funded by the European Union

HOPE

Responding to Heatwaves in Older People Ecosystem

How it started and grew

Funded by the European Union

Gemeente Rotterdam

2,5 to 3.3 °C temperature rise around 2050

IPCC/KNMI, 2024

Rotterdam Climate Adaptation Program

Rainfall

Heat

Drought

Soil decline

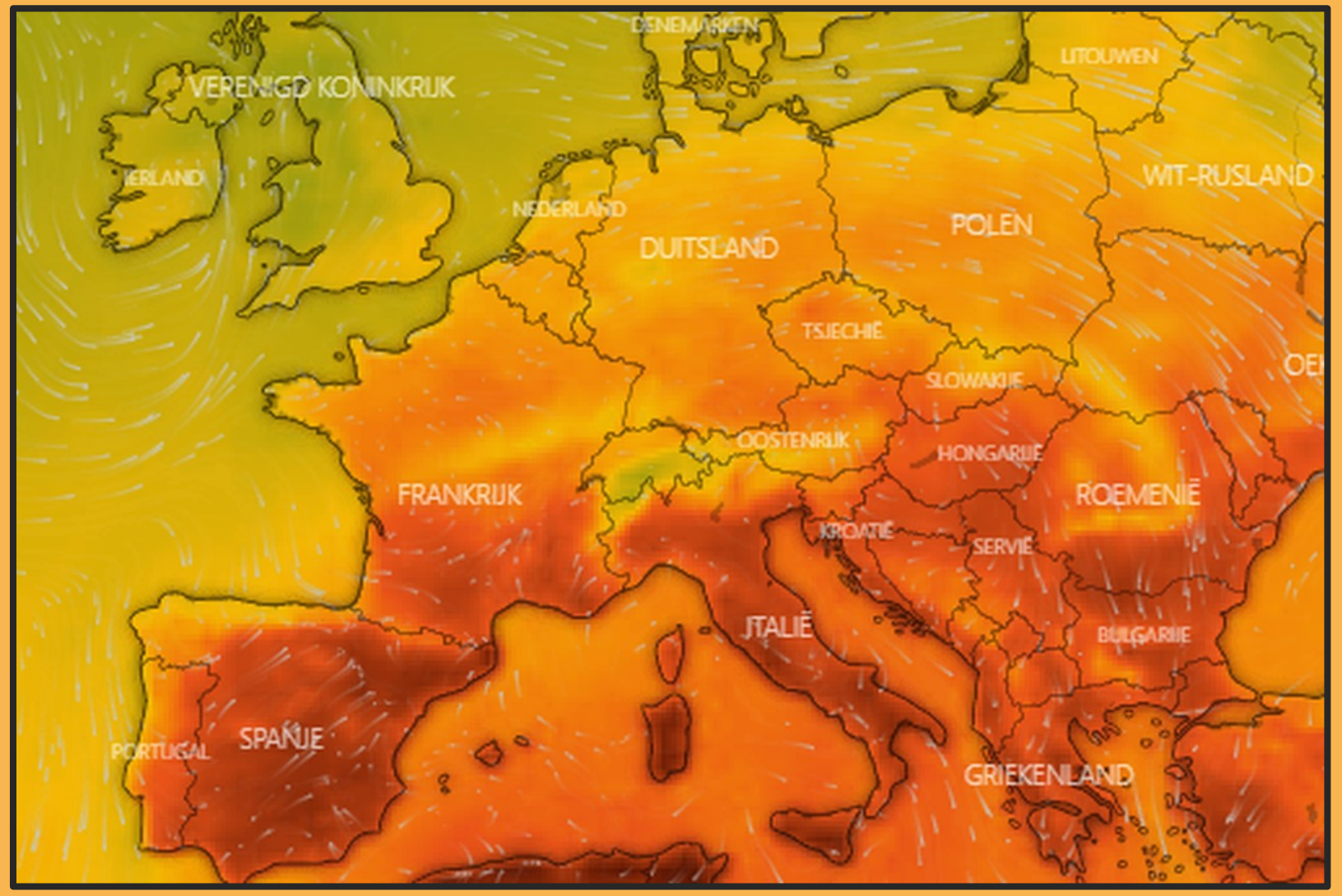
Ground water

Floods

"Climate change is not just altering our landscapes; it's reshaping our bodies and communities, challenging our physical resilience and testing the strength of our social bonds."

Impacts Heat on Older Adults

In search for partners



ALTERA VITA
Social Cooperative of Cyclades

HOPE

Responding to Heatwaves in Older People Ecosystem

2022 – 2025

Co-funded by the Erasmus+ Programme of the European Union

ISRAA
Istituto per Servizi di Ricovero e Assistenza agli Anziani

Gemeente Rotterdam

santa casa da misericórdia
A M A D O R A

HOGESCHOOL ROTTERDAM

elisan
the social european network

HOPE (Responding to Heatwaves in Older People Ecosystems)

Fund: Erasmus+ Duration: 2022-'25 Partners: 5

Challenge

Climate change has resulted in an increase of the frequency and severity of heatwaves. Older adults, living at home, are more vulnerable and at risk for health problems in situations of heatwaves.

Objective

Put the severe health threats of heatwaves on the agenda of the organisations in the older adult ecosystem.

- Local and reginal governments
- Health and welfare services

Partners

- City of Rotterdam
- Rotterdam University of Applied Sciences
- ISRAA (older adult healthcare provider), Treviso Italy
- Santa Casa da Misercordia (older adult healthcare provider), Amadora Portugal
- Altera Vita (Education development NGO), Syros Greece
- ELISAN (European Local Inclusion & Social Action Network), Belgium / France

Results

- An innovative e-learning course for students and formal/informal caregivers
- Guidelines for the ecosystem
- Database of good practices
- Policy recommendations for local and regional authorities
- Exchanges of best practices on local, regional, national, European and international level

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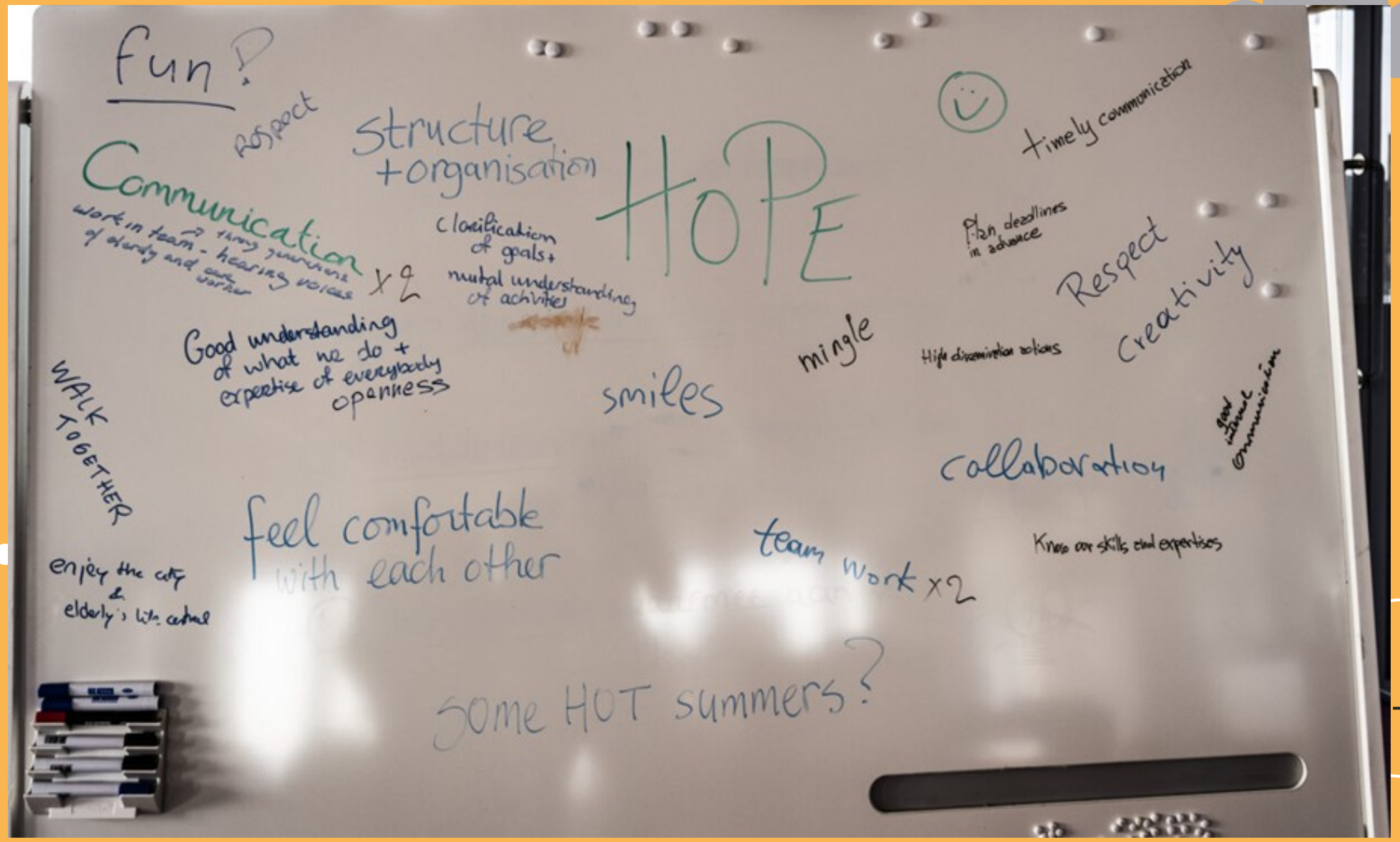
https://hope-heatwaves.eu/

Co-funded by the Erasmus+ Programme of the European Union

Kick-Off 22-23 April 2022, Rotterdam

Informal HOPE Roadmap



Formal HOPE Roadmap

01

Communication

Exchanges of results on local, regional, national, European and international level. Put health threats of heatwaves on the agenda.

NEWSLETTER

NUMBER 3 — APRIL 2023

HOPE
Responding to Heatwaves in the Older People Ecosystem

THIS ISSUE'S FEATURED ARTICLES:

RESPONDING TO HEATWAVES, THE POWER OF CO-CREATION

- Editorial: The power of co-creation,
  by Vildana Gacic, city of Rotterdam, Davide Tuis, ISRAA Treviso and Mariana Camacho, SCMA
- HOPE Going local:
  - Focus on the 3rd transnational partner meeting – Amadora 16, 17 January 2023;
  - Amadora's Local Action Group_"Towards a Helixcentric approach on Heatwaves"
  by Adriano Fernandes - Head of Innovation at SCMA (Santa Casa da Misericordia da Amadora);
- The Rotterdam Heat Network,
  by Esther Wienese - Project leader Rotterdam Heat Plan, Municipality of Rotterdam;
- The HOPE data base of Good Practices
  by Davide Tuis, ISRAA – Treviso, FABER - European "factory"
- EU and partners news;

Co-funded by the European Union

NEWSLETTER

NUMBER 2 — DECEMBER 2022

HOPE
Responding to Heatwaves in the Older People Ecosystem

THIS ISSUE'S FEATURED ARTICLES:

- About behavior changes during heatwaves, by ISRAA Treviso
- Editorial: where are we with the HOPE challenges? By project coordinator Vildana Gacic, City of Rott
- Effective interventions to prevent heatwaves, research by prof. Henk Rosendal from the Unive
  Applied Sciences of Rotterdam
- Opportunities from the Treviso second transnational meeting of September 19 and 20, by ISRAA Tre
- Good practices: starting the collection
- Partners news: HOPE third transnational meeting, Amadora (Portugal)
- Focus on heatwaves in Italy
- Council of Europe, Expert meeting, General Assemblies of the INGOs and the HOPE project

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NEWSLETTER

NUMBER 1 — JUNE 2022

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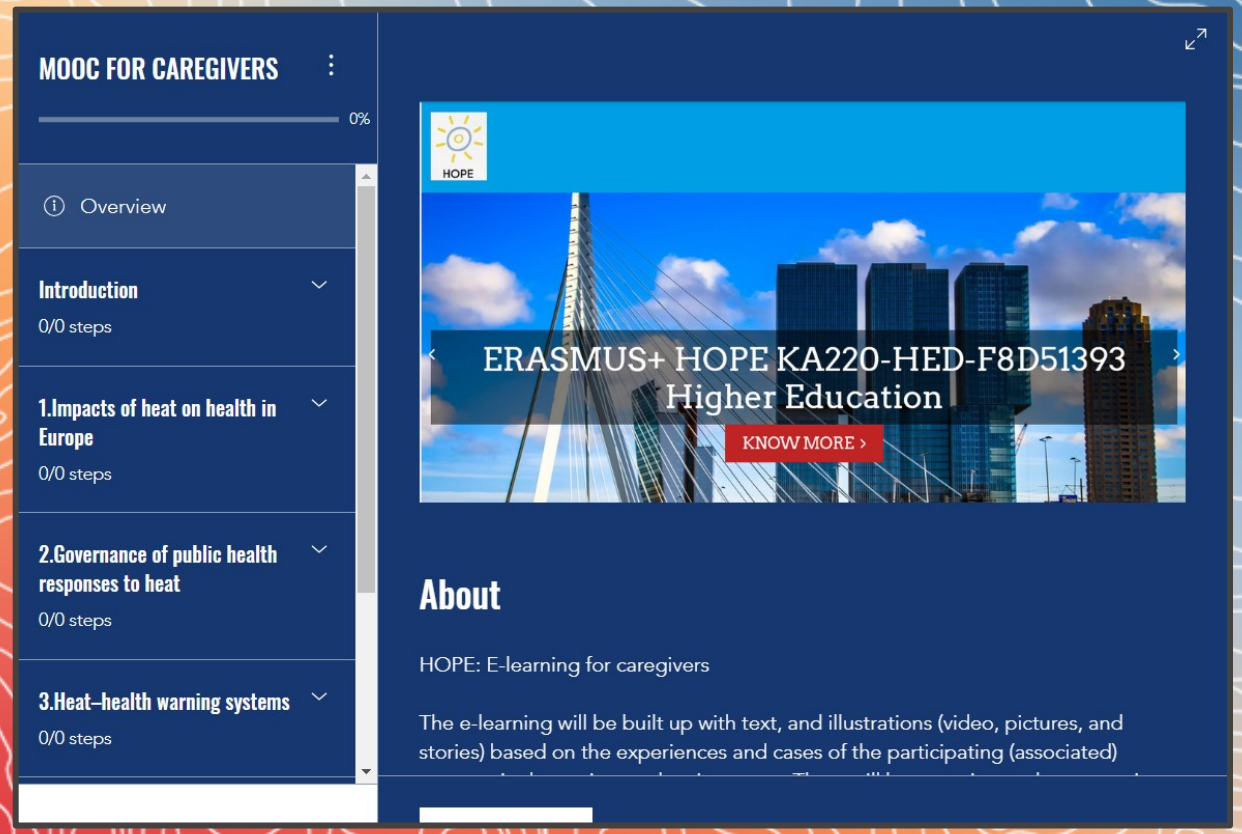
COOLING THE HEAT!

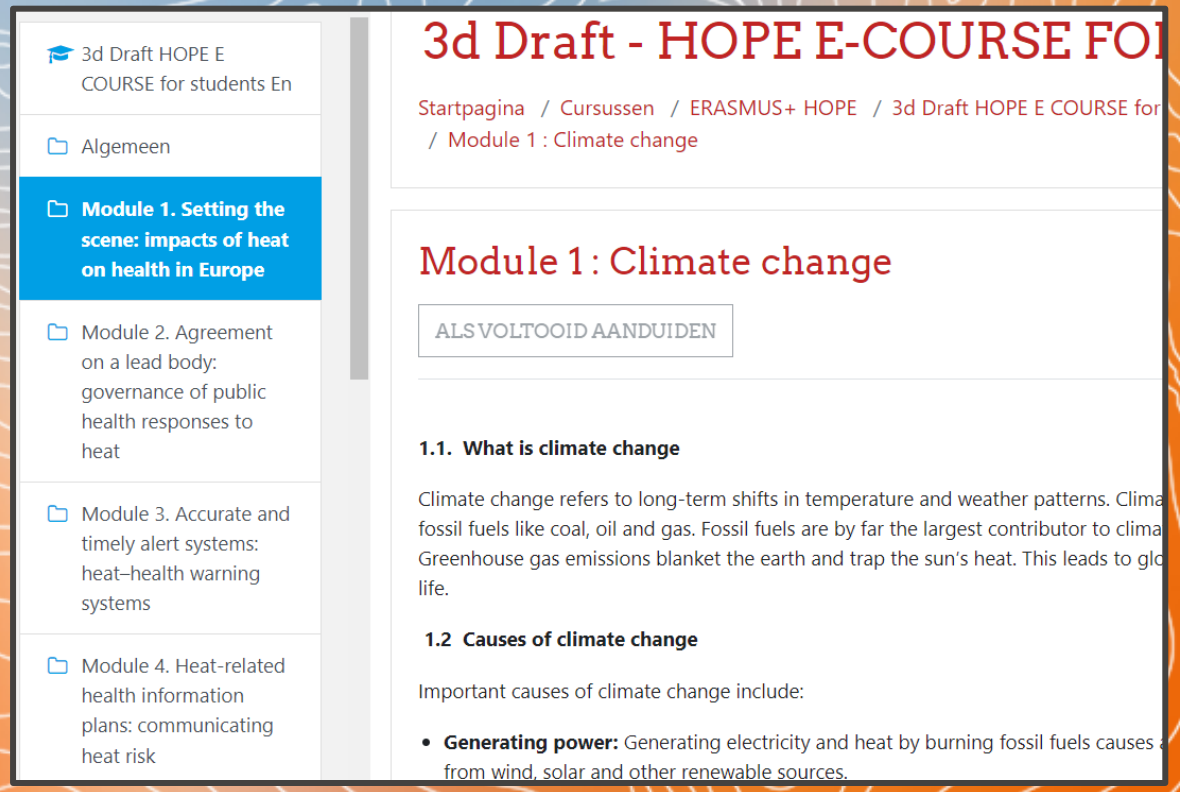
3rd and 4th of March 2025
Brussels, Belgium

02

E-learning and MOOC

Empowering caregivers and students with interactive e-learning for effective heatwave management.


MOOC FOR CAREGIVERS
0%
Overview
Introduction
0/0 steps
1.Impacts of heat on health in Europe
0/0 steps
2.Governance of public health responses to heat
0/0 steps
3.Heat–health warning systems
0/0 steps
HOPE
ERASMUS+ HOPE KA220-HED-F8D51393
Higher Education
KNOW MORE ›
About
HOPE: E-learning for caregivers
The e-learning will be built up with text, and illustrations (video, pictures, and stories) based on the experiences and cases of the participating (associated)


3d Draft HOPE E COURSE for students En
Algemeen
Module 1. Setting the scene: impacts of heat on health in Europe
Module 2. Agreement on a lead body: governance of public health responses to heat
Module 3. Accurate and timely alert systems: heat–health warning systems
Module 4. Heat-related health information plans: communicating heat risk
3d Draft - HOPE E-COURSE FO
Startpagina / Cursussen / ERASMUS+ HOPE / 3d Draft HOPE E COURSE for / Module 1 : Climate change
Module 1 : Climate change
ALS VOLTOOID AANDUIDEN
1.1. What is climate change
Climate change refers to long-term shifts in temperature and weather patterns. Clima
fossil fuels like coal, oil and gas. Fossil fuels are by far the largest contributor to clima
Greenhouse gas emissions blanket the earth and trap the sun's heat. This leads to glo
life.
1.2 Causes of climate change
Important causes of climate change include:
Generating power: Generating electricity and heat by burning fossil fuels causes
from wind, solar and other renewable sources.

03

Guidelines for the ecosystem

Supporting organizations in the older adult's ecosystem with heatwave care strategies and best practices through the development of comprehensive guidelines.

KILL THE HEAT

Let's kill the heat by following this

1 SELF-CARE

Take cool showers or baths
Wear light, loose-fitting clothes of natural materials.
Avoid wearing clothes with synthetic fibres or wool
Use light bed linen and sheets
Avoid cushions, because of heat accumulation
Drink water regularly or Keep hydrated
Avoid alcohol, too much caffeine and sugar-rich drinks.
Eat regularly and small meals.
Avoid foods that are high in protein
Keep medicines below 25 °C or in the refrigerator (read the storage instructions on the packaging).
Avoid over-processed foods, fried foods and condiments
Eat fruits and vegetables regularly
Have someone who is alert and available (family, friend, neighbour)
Contact yor doctor in case of chronic illness or other health particularities
Wear less clothing to bed
Search for information when you have a specific health condition
Stay alert and protect yourself

2 HOME CARE

Keep the living space cool, by closing all windows and shutters during the hottest period of the day and opening them at night

Try to keep artificial lighting off as well as many electrical devices as possible

Keep wet towels hanged all over the house to cool down the air

Always use the coolest rooms in the house, with the least sun exposure
Use air conditioning and fans when possible

Put your feets in cold water to refresh the body

Use air conditioning in case you have it, but is not recommended to reduce the temperature by more than 22-24 degrees Celsius

3 OUTDOORS

When it's not possible for you to keep your home cool, spend a couple of hours of your day in cool places outside
Avoid staying outside during the hottest periods of the day.
Avoid doing strenuous physical activity if you can, or do it during the coolest parts of the day
Try to look for shades
If you don't have air conditioning at home, look for places that offer air conditioning during hottest periods (Public libraries, civic buildings, churches)
Avoid direct contact and exposure to the sun, especially at very hot hours, being from 11am to 4pm
If you are outside, try to always walk in the shade, and take breaks to hydrate yourself when needed
Protect your skin from the sun, by using sunscreen whenever you're in direct contact with the sun

4 SOS CONTACTS

Insert your local emergency contacts

Older Adults

Let's BEAT the HEAT

Measures for Caregivers

Useful Contacts:

SNS 24 - NHS 24
Civil Protection

Measures to be taken

- Identify the most vulnerable people
- Ensure adequate care
- Inform about preventive measures
- Check on your family, friends or neighbours who spent much time alone
- Get training to treat heat related emergencies

- Adapt your work clothes and equipment
- Social dialogue to improve work conditions
- Take special attention to elderly living alone
- Ensure sufficient fluid intake and body cooling
- Provide the medication adptation, when applicable
- If anyone you know is at risk, help them to get advice and support
- Always have water available and encourage its consumption

- If anyone you know is at risk, help them to get advice and support
- Always have water available and encourage its consumption
- Ensure more light and fresh meals
- Always keep staff attentive and available

- Avoid exposing medicines to high temperatures
- Inform about the weather conditions
- Avoid giving drinks with caffeine or alcohol
- Check if the olderadult clothing is confortable

Symptoms to be aware of

1. Signs of exhaustion or heat stroke
   Dizyness and weakness
2. Anxiety
   Headaches
   Dehydration
3. High body temperature (fever)
   Changes in colour and odour of urine
4. Dry mouth and armpits
   Low blood pressure
   Muscular spasms/heat cramps
5. Convulsions
   Unconsciousness
6. Hot dry skin
   Delirium
   Physical and Mental fatigue

Selfcare Measures

- Drink water frequently
- Avoid liquids with a high sugar content
- Use light equipment
- Put sunscreen
- Be aware of possible symptoms of exhaustion
- Keep your collegues close to you
- Try to alternate work shifts, if possible
- Take the opportunity to cool down, during work breaks

Care givers

04

Database Good Practices

Creating a global Database of Best Practices for heatwave care in older adults, to support effective responses in local communities, leveraging diverse knowledge and experiences.


TELEPHONE
TELEPHONE
HARVEY JONES


KEEP
SAFE


ALTERA VITA
Social Cooperative of Cyclades
Educational Activities for the:
• Environment
• Culture
• Health
In numbers
AKAI

05

Policy Recommendations

Empowering authorities to combat heat risks for older residents through policy recommendations, emphasizing caregiver knowledge and client empowerment for resilience.

“mandatory blinds”

Homes for older adults and other buildings with vulnerable people inside are at risk of overheating during heat waves


HOPE
March 2025
April 2022
June 2023
November 2023
June 2024

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