



ENSA General Assembly and Connected Activities 2024

With the support of the Committee on Environmental and Health Crisis, and the participation of the ENSEL Network

Brussels 22-25 January 2024

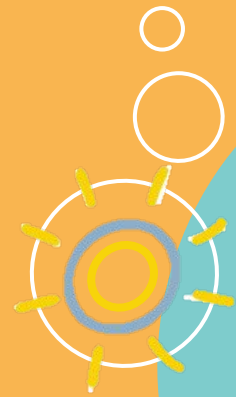
HOPE

Responding to Heatwaves in Older People Ecosystem

Hanadi Al-Baz

HOPE

Responding to Heatwaves in Older People
Ecosystem
Hanadi Al-Baz



Funded by
the European Union



Gemeente
Rotterdam

Contents

01

**Climate change &
Heatwaves**

03

Results

02

**Overview Project
HOPE**

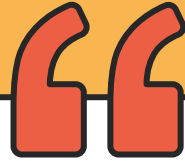
04

Questions

1.5°C Before 2029!

IPCC, 2023





"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."



Rotterdam Climate Adaptation Program





Rainfall



Heat



Drought



Soil decline



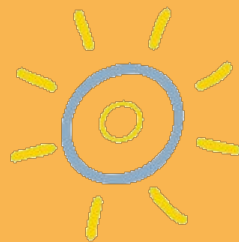
Ground water



Floods

Impacts on Older Adults





HOPE

Responding to Heatwaves
in Older People Ecosystem

2022 – 2025



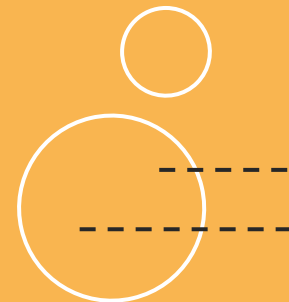
Co-funded by the
Erasmus+ Programme
of the European Union



Gemeente
Rotterdam



santa casa da misericórdia
A M A D O R A



HOPE

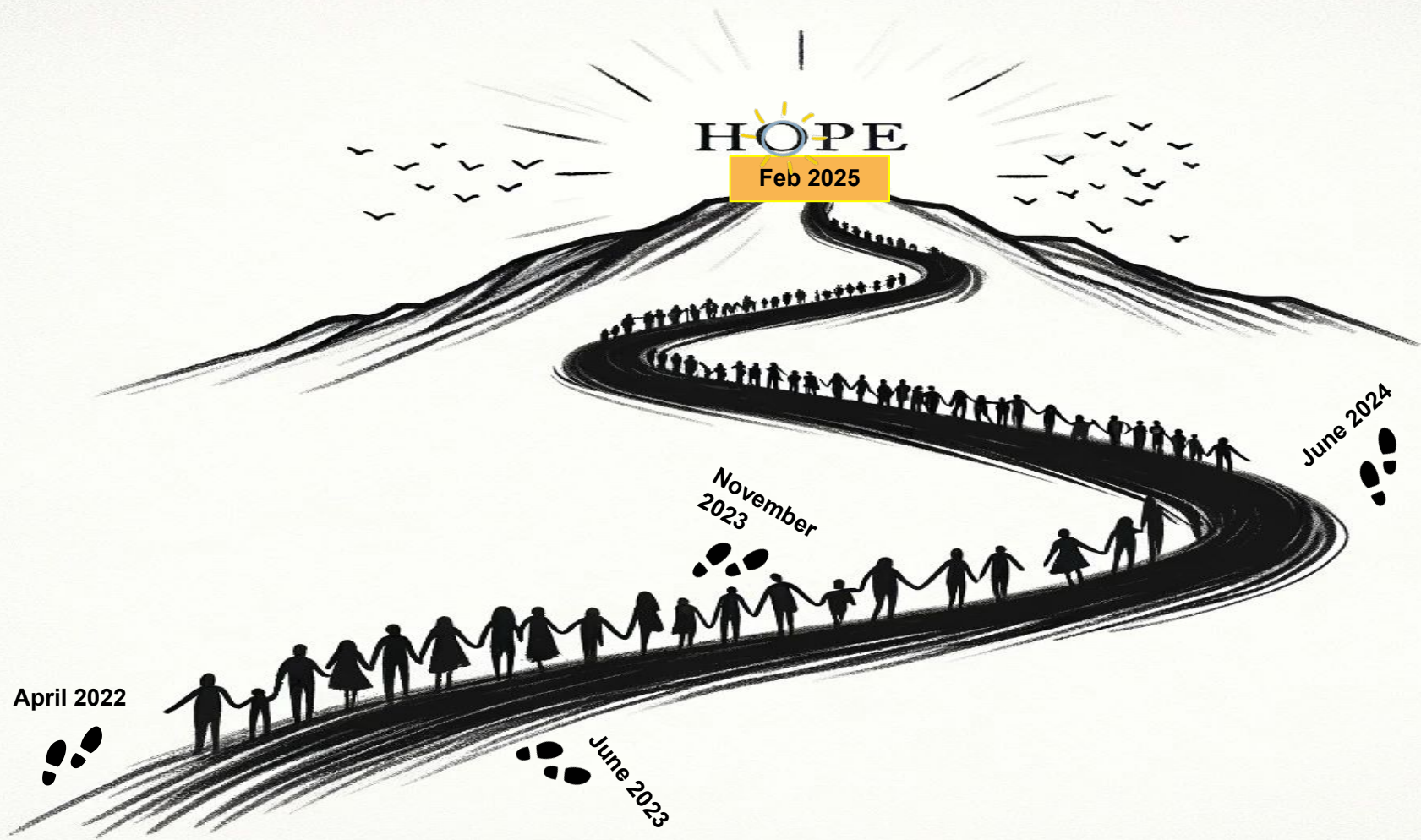
Feb 2025

June 2024

November
2023

April 2022

June 2023





01

Communication

Exchanges of best practices on local,
regional, national, European and
international level

NEWSLETTER



NUMBER 3

HOPE
Responding to
Heatwaves in the Older
People Ecosystem

APRIL 2023



THIS ISSUE'S FEATURED ARTICLES:

RESPONDING TO HEATWAVES, THE POWER OF CO-CREATION

- Editorial: The power of co-creation, by Vilana Gacic, city of Rotterdam, Davide Tuli, 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, "Temperia a Wellcentric approach on Heatwaves"
- Adriano Fernandes - Head of Innovation at SCMA (Santa Casa da Misericórdia da Amadora);
- The Rotterdam Heat Network, by Esther Wiseman - Project leader Rotterdam Heat Plan, Municipality of Rotterdam;
- The HOPE data base of Good Practices, by Davide Tuli, ISRAA - Treviso, FABER - European "Factory"
- EU and partners news;



NEWSLETTER



NUMBER 2

HOPE
Responding to
Heatwaves in the Older
People Ecosystem

DECEMBER 2022



THIS ISSUE'S FEATURED ARTICLES:

- About behavior changes during heatwaves, by ISRAA Treviso
- Editorial: where are we with the HOPE challenges? By project coordinator Vilana Gacic, City of Rotterdam
- 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 Treviso
- Good practices: starting the collection
- Partners news: HOPE 3rd transnational meeting, Amadora (Portugal)
- Focus on heatwaves in Italy
- Council of Europe, Expert meeting, General Assemblies of the INGOs and the HOPE project



HOPE
Responding to Heatwaves in the Older People Ecosystem

Home About Partners News & Events Results Synergies Contact Files & Folders Members



HOPE

ERASMUS + Higher Education
Responding to Heatwaves in the Older People
Ecosystem

ERASMUS+ TRAINING ACTION 1015747

NEWSLETTER



NUMBER 1

HOPE
Responding to
Heatwaves in the Older
People Ecosystem

JUNE 2022



THIS ISSUE'S FEATURED ARTICLES:

- Introduction, by Willemijn Lamoré, Manager Public Health of the city of Rotterdam
- Editorial by project coordinator Vidana Gacic
- Interview with city of Rotterdam Vice-Mayor Christine Eskes
- The kick-off meeting, by Dante Guštnik city of Rotterdam
- Who we are: introduction of partnership






02

E-learning and MOOC

**Empowering global caregivers and students with dynamic 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



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 FOR

[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. Climate change is caused by the burning of fossil fuels like coal, oil and gas. Fossil fuels are by far the largest contributor to climate change. Greenhouse gas emissions blanket the earth and trap the sun's heat. This leads to global warming.

1.2 Causes of climate change

Important causes of climate change include:

- Generating power:** Generating electricity and heat by burning fossil fuels causes a lot of greenhouse gas emissions. This is not the case for 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 face cream and shades.
- Avoid cosmetics, because of heat accumulation.
- Drink water regularly at least 1.5 litres.
- Avoid alcohol, too much caffeine and sugar-rich drinks.
- Eat regular and small meals.
- Avoid foods that are high in protein.
- Keep medicines below 25 °C and in the refrigerator (check the storage instructions on the packaging).
- Avoid over processed foods, fried foods and condiments.
- Eat fruits and vegetables regularly.
- Have someone who is not over 65, a relative, family, friend, neighbour?
- Contact your doctor in case of chronic illness or other health conditions.
- 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 if possible.
- Try to keep artificial lighting off as well as many electrical devices or possible.
- Keep wet towels hanging 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 feet in cold water to refresh the body.
- Use air conditioning in case you have it, but it is not recommended to reduce the temperature by more than 22-24 degrees Celsius.

3 OUTDOORS

- When it is 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 shade.
- If you don't have air conditioning at home, look for places that offer air conditioning during hottest periods: Public libraries, child day care centres, shopping centres.
- Avoid direct contact and exposure to the sun, especially at very hot hours, taking them from 10 am to 4 pm.
- 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 are 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 adaptation, when applicable
- If anyone you know is at risk, help them to get advice and support
- Always have water available and encourage its consumption

Care givers

- 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 comfortable

Symptoms to be aware of

- | | |
|--|---|
| 1 Signs of exhaustion or heat stroke
Dizziness and weakness | 4 Dry mouth and armpits
Low blood pressure
Muscular spasms/heat cramps |
| 2 Anxiety
Headaches
Dehydration | 5 Convulsions
Unconsciousness |
| 3 High body temperature (fever)
Changes in colour and odour of urine | 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 colleagues close to you
 - Try to alternate work shifts, if possible
 - Take the opportunity to cool down, during work breaks
-

WATCH OUT HEAT IS HERE



Drink plenty of water



Eat fresly meals



Keep your home cool



Wear light clothes



"Not to go out during
extreme heat. Dress some
light clothes"

"My son sends me
texts frequently and
he tells me when it's
too hot"

"I drink water and go to cool
places"

"I turn on the fan and I go to cool places"

"I would use light clothes and have a lot of fresh baths"



"My son sends me
texts frequently and
he tells me when it's
too hot"



"I come to the center day. Here I don't
feel hot"

"I stay at home and search
for shades and gardens
sometimes"

"A windy place where the
air passes"

Keep informed about the weather



Avoid direct exposure to the sun





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.



K₅ E₁ E₁ P₃

S₁ A₁ F₄ E₁



05

Policy Recommendations

Empowering local 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



Thank you & HOPE-fully until soon



Hanadi Al-Baz
h.albaz@rotterdam.nl



Gemeente
Rotterdam