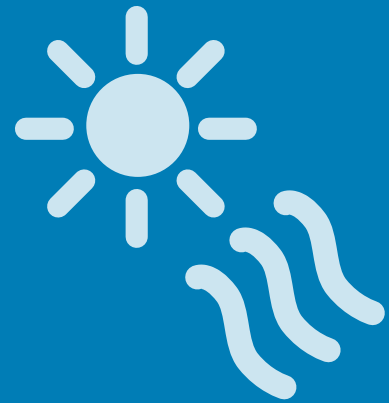


Managing the heat

A FREE online workshop for carers
by Carers Victoria



Be heat safe this summer

The heat impacts us all, especially during heatwaves. We know there are special considerations for children, but did you know there are also special considerations for adults?

Join us to explore the impact of heat and heatwaves on older persons. We will provide practical strategies you can use to prevent heatstroke and manage heat-related issues.

WHO SHOULD ATTEND

For carers of someone over the age of 65 (55+ if Aboriginal and/or Torres Strait Islander background).

TOPICS INCLUDE

- Dangers of heat for an older person;
- Practical strategies to manage the heat and support an older person;
- Signs of heat stress;
- What to do in an emergency.

When

Monday 1 February 2021

Time

11.00am - 12.00pm

Online workshop one hour duration

Where

Online event via Zoom

Access details are sent via email after registration

Cost Free

BOOKING INFORMATION

To secure your place, visit www.carersvic7802.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7802.

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