

Whether you are a policymaker, healthcare professional, or community member, there are numerous ways to support care workers in climate action. By joining chAnGE, you can help amplify the voices of care workers, advocate for better support structures, and contribute to a climate-resilient future.

Resources for climate-adapted care

Explore resources and training materials for climate adaptation in HSC, such as [WHO's toolkit](#) for climate-resilient healthcare and other support networks focused on sustainable care.

The chAnGE project focuses on creating accessible, interactive e-learning micro-credentials to help health and social care workers adapt to climate change challenges. These micro-credentials cover essential skills in climate adaptation, mental resilience, and communication within healthcare settings.

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The role of care workers in climate action

How care workers can support health
and adaptation in a changing climate?



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Why climate action matters in health and Social Care Organizations (HSCO)?

Climate change is a major health challenge. Care workers play a key role in protecting vulnerable populations, especially older adults, who face higher risks from climate impacts such as heatwaves, wildfires, floods, and poor air quality.

With the right tools and knowledge, care workers can support climate adaptation, ensure continuity of care, and educate families on safeguarding health in a changing climate.

Care workers provide essential services that reduce these impacts, from administering medical care to offering social support in times of crisis.

How care workers can lead in climate-adapted care?

Enhancing care plans: integrate climate-adaptive measures, such as managing hydration, temperature control, and preparing for extreme weather events, into care plans.

Community engagement: engage families and communities in adaptation strategies to protect older adults. Care workers' close community ties enable targeted interventions, including heat-stress prevention, emergency preparedness and resilience-building actions.

Education on self-care: educate individuals and families on self-care during climate events, including signs of heat stress, cold management, and adapting medication routines if necessary.

Supporting mental health: climate change exacerbates stress, anxiety, and depression, especially among those affected by natural disasters. Care workers provide essential mental health support, which is key for recovery and resilience.

Empowering vulnerable populations: from elderly individuals to those with disabilities, care workers ensure that vulnerable populations receive the care they need, which can be lifesaving during climate events.

Strengthening preparedness in Health and Social Care

Incorporating climate considerations into HSCO involves assessing risks, updating protocols, and improving emergency readiness. Preparedness can include backup plans for power outages, guidelines for air quality management, and educating staff on climate-related health risks.

WHO and other organizations are providing new resources to train care workers on climate health impacts and help develop resilient practices. Integrating these into daily care promotes overall community resilience and well-being.

Advocacy and education in climate health

Care workers are trusted voices in their communities and are uniquely positioned to advocate for climate action. Through their close contact with vulnerable populations, they can influence policies by expressing the needs of those they serve and by promoting sustainable practices within healthcare and social care settings.

Advocacy is closely linked to education. Educational actions may include training on climate–health linkages, awareness of climate-related risks, and participation in local sustainability initiatives, reinforcing the role of the health sector in building climate resilience.

Despite this potential, several barriers limit effective engagement:

- **Insufficient training:** many care workers lack education in climate adaptation skills.
- **Resource constraints:** financial and organisational limitations often leave care facilities unprepared for increased climate-induced health demands.
- **Occupational stress:** high physical and emotional workloads, intensified during climate crises, affect workers' well-being and may compromise care quality.