



# Older adults' well-being in a changing climate



①



## Heatwaves

Help protect against heat. Guide on adjusting the home temperature.

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## Slipperiness

Ensure safe movement on slippery surfaces. Make sure appropriate equipment is used and keep paths clear.

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## Air Quality

Keep the breathing air clean. Ensure good air quality both indoors and outdoors.

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## Mental health

Pay attention to mental health, considering the effects of extreme weather, climate anxiety, and natural events.

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## Water- and vector-borne diseases

Protect against ticks and mosquitoes. Provide instructions on protection and ensure access to clean drinking water.

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## Social impacts

Take care of the elderly. Ensure the availability of services in all conditions as well as safe conditions, for example, during power outages.



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