

# Keeping Cool and Hydrated in Extreme Heat

Maine CITE

Webinar Handout

August 20, 2024

## Overview of Overheating

- [Brain Fog and How Heat Affects Our Bodies](https://tinyurl.com/32782r2u),  
tinyurl.com/32782r2u
- [Hot Headed: The Alarming Ways Extreme Heat Affects Your Brain](https://tinyurl.com/yc5xnccu), tinyurl.com/yc5xnccu
- [Heat waves can be deadly for older adults: An aging global population and rising temperatures mean millions are at risk](https://tinyurl.com/3bdd63n3),  
tinyurl.com/3bdd63n3
- [CDC's Heat and Health Tracker Tool](https://ephtracking.cdc.gov/Applications/heatTracker/),  
ephtracking.cdc.gov/Applications/heatTracker/
- For people who take medication:
  - [Tips for People Who Take Medication: Coping With Hot Weather](https://tinyurl.com/5cx4hx7n), tinyurl.com/5cx4hx7n
  - [Common medications may increase the dangers of heat waves](https://tinyurl.com/4vacnfd), tinyurl.com/4vacnfd
  - [Extreme Heat Myths and Facts | Global Heat Health Information Network](https://ghhin.org/extreme-heat-myths-and-facts/),  
ghhin.org/extreme-heat-myths-and-facts/

## Weather Apps and Smart Home Assistants

- [Lists of weather notification apps](https://maine.gov/mema/weather/information-sources):  
maine.gov/mema/weather/information-sources
- Google Search: “Native weather apps on iPhone and/or Android”
- [Weather for Seniors on the App Store](https://tinyurl.com/23m9faa6), tinyurl.com/23m9faa6
- [Plume Labs Air Quality](https://plumelabs.com/en/air/), plumelabs.com/en/air/

- In [AT4Maine.org](https://www.at4maine.org):
  - Search for: “Amazon Echo Dot 5th Generation” (#233326)
  - Search for: “Smart Home Devices”

## Articles and Apps for Hydration

- [The Truth About Hydration: 7 Myths and Facts \(ncoa.org\)](https://www.ncoa.org),  
[tinyurl.com/mw2pdeux](https://tinyurl.com/mw2pdeux)
- [How to Prevent Elderly Dehydration? Gadgets that actually work](https://www.tinyurl.com/ypct9wuk),  
[tinyurl.com/ypct9wuk](https://tinyurl.com/ypct9wuk)

## Water Bottle Technology

- [hydrosleeve.com](https://www.hydrosleeve.com)
- [Camelbak](https://www.camelbak.com), [tinyurl.com/2rf9kr7f](https://tinyurl.com/2rf9kr7f)
- [Modular Hose/Giraffe Bottle](https://www.modularhose.com), [tinyurl.com/3tavaume](https://tinyurl.com/3tavaume)
- [Robocup](https://www.robocup.com), [oedk.rice.edu/robocup](https://oedk.rice.edu/robocup)
- [hidratespark.com](https://www.hidratespark.com)
- [Drink More Water - Ulla](https://www.ulla.io), [ulla.io](https://ulla.io)
- [hydr-8.com](https://www.hydr-8.com)
- Google search: “convalescent drinking cup”, “dysphagia cup”
- [Liquid Level Indicators](https://www.liquidlevelindicators.com), [tinyurl.com/3vzzspxs](https://tinyurl.com/3vzzspxs)

## Keeping your home cool

- [Keeping Your House Cool on a Budget Blog](https://www.keepingyourhousecool.com),  
[tinyurl.com/2b84krmu](https://tinyurl.com/2b84krmu)
- [Heat reflective window film](https://www.heatreflective.com), [tinyurl.com/2wh2fj38](https://tinyurl.com/2wh2fj38)

## Other Cooling Gadgets

- [Solar Buddies](https://www.solarbuddies.com), [solarbuddies.com](https://solarbuddies.com)
- [Gustbuster Sunblok Umbrellas](https://www.gustbuster.com), [tinyurl.com/j9fyyj76](https://tinyurl.com/j9fyyj76)
- [Sport-Brella](https://www.sportbrella.com), [sportbrella.com](https://sportbrella.com)
- Google search: UV protective umbrella

- [Cooling jewelry](https://tinyurl.com/mrmzref2): tinyurl.com/mrmzref2
- [Instant Cooling Towel](https://arcticcool.com), arcticcool.com
- [FroggsToggs Chilly Pad](https://froggtoggs.com), froggtoggs.com
- Google search: Evaporative Technology

## Go Jump in a Lake!

- [Maine CITE webinar: Accessible Sports and Recreation: Summer Edition](https://tinyurl.com/y8j9unpa), tinyurl.com/y8j9unpa
- [Twenty Adaptive Swimwear Must-Haves...](https://tinyurl.com/4zksy9zd), tinyurl.com/4zksy9zd
- [Stepin2now Swimsuits](https://aquaticsintl.com), aquaticsintl.com

## Mist, Fans, and AC Alternatives

- [IcyBreeze](https://icybreeze.com), icybreeze.com
- Google search: “misting hose for patio”
- [BedJet](https://bedjet.com), bedjet.com
- Google search: bed cooling

## Wheelchair Cooling

- Google search: “cooling wheelchair cushions” and “fans for wheelchair”
- [WheelAir](https://wheelair.eu), wheelair.eu

## Adaptive Switch Access to Devices

- [Maine CITE webinar: An Intro and Progression of Switch Access](https://mainecite.org/training/an-intro-and-progression-of-switch-access/), mainecite.org/training/an-intro-and-progression-of-switch-access/
- In [AT4Maine.org](https://at4maine.org)
  - Search for “Switch-Adaptive Fan” (#190165)
  - Search for “PowerLink Switch Modifiers”

## Emergency Preparedness

- [CDC's Heat & Health Tracker](https://ephtracking.cdc.gov/Applications/heatTracker/),  
ephtracking.cdc.gov/Applications/heatTracker/
- [Maine CITE Webinar: Emergency Preparedness for AT Users](https://mainecite.org/training/emergency-preparedness/),  
mainecite.org/training/emergency-preparedness/