



As heat returns SA residents asked to make sure elderly neighbours are okay

With temperatures again set to rise above 40 degrees in Adelaide people with elderly neighbours should make the effort to go next door and check they are okay.

That's the message from Neighbour Day founder, and former Adelaide resident, Andrew Heslop who says hot weather and elderly residents simply don't mix.

"The sudden deaths of 60 people last week in SA and Victoria have been attributed to the heat wave conditions which swept across both states. Those deaths were an absolute tragedy and we have to take steps today to prevent anyone dying because of the heat," said Andrew.

"If you have a spare fan or portable air-conditioner offer it to your elderly neighbours so they can try and stay cool.

"If you are working from home on Friday invite them to come over to your place and sit in air-conditioned comfort. Or offer them the spare key to your house so they can sit inside and keep cool while you are at work.

"These extreme weather conditions require a new approach to prevent sudden death due to heat. Everyone with elderly neighbours needs to be vigilant to help save lives," Andrew said.

Other handy tips for residents with elderly neighbours include –

- Remind them to drink enough fresh water to stay hydrated.
- Drop by in the morning and in the cool of the evening to see how they are.
- Leave your mobile or work phone number so they can contact you in an emergency.
- Alert police and emergency services immediately if elderly residents known to live alone fail to answer the door.

Neighbour Day, Australia's national day to develop better relationships with the people who live around us, is always held on the last Sunday in March every year (Sunday 29th March 2009).

For more information visit www.neighbourday.org

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