



社會福利署

Social Welfare Department

Licensing Office of Residential Care Homes
for the Elderly
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213 Queen's Road East, Wanchai, Hong Kong

Our Ref : SWD 782/95

Tel. No. : 2961 7211

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To: All RCHE Operators/Supervisors

Dear Sir/Madam,

Hot Weather

Summer has come and weather is becoming hot. Elderly persons, in general, are in frail health with poor body functioning in terms of sweating and regulating body fluid. A high temperature not only hinders their heat dissipation, but also makes them more likely to fall ill thus endangering their health. Those in mild conditions may have symptoms such as dizziness, shortness of breath and loss of consciousness, among others, while those in serious conditions may suffer from heat stroke which may prove fatal. With that in mind, we hereby remind you to carry out the following measures to safeguard your elderly residents' health:

1. According to Section 24 of the Residential Care Homes (Elderly Persons) Regulation and paragraph 4.9.1 of the Code of Practice for Residential Care Homes (Elderly Persons)(Code of Practice), every residential care home for the elderly (RCHE) shall be adequately ventilated at all times. Paragraph 7.2 of the Code of Practice also stipulates that every RCHE should install a sufficient number of electric fans and/or air conditioners to maintain sufficient ventilation and a comfortable room temperature.
2. Arrangements should be made for elderly residents to consume more water and soup, and eat fruits with high water content (Meals for frail elders should be arranged and provided according to doctor's instructions).
3. Elderly residents should neither be allowed to stay under direct sunlight or in places that are poorly ventilated, nor carry out strenuous exercise in hot weather.
4. RCHE Staff should help elderly residents to put on thin, light-coloured and loose-fitting clothing. During on outing, they should be reminded to put on a wide-brimmed hat or open an umbrella to avoid direct sunlight.
5. Elderly residents should constantly be reminded to take suitable rests and avoid exertion.



6. To prevent elderly residents from falling ill, they should not be allowed to go to places with huge temperature difference within short duration of time.
7. Should an elderly resident fall ill, arrangement should be made for him/her to undergo medical consultaion immediately.

For enquiries relating to the measures above, please contact the responsible Inspector of the Licensing Office of Residential Care Homes for the Elderly.

Yours sincerely,

(Yam Mun-ho)
for Director of Social Welfare