



Activities to Bring the Outside In

With the start of summer arriving in June, many people will head outdoors to soak up the sun. Whether heading off to vacation at the beach, road tripping across the U.S., or exploring local venues via a stay-cation, summer is a season for fun. Yet, summer can be a difficult season for seniors to enjoy the great outdoors. The heat and sun can be dangerous if proper precautions aren't taken.



According to the [Mayo Clinic](#), people aged 65 and older are less likely to sense and respond to changes in temperature, leaving them vulnerable to heat exhaustion or heat stroke. The best way to prevent heat exhaustion is to seek a cooler place, often in a place with air conditioning. While staying indoors may not equate to a fun day at the beach, staying inside does not mean the outside needs to stay outdoors. Here are a few fun ways to bring the outside in on those hot, summer days.

Plant a Window Sill Garden

Older adults who love to garden can still enjoy planting from indoors. Growing herbs is an easy way to garden indoors, bringing the outside in. Plant herbs in pint sized pots, either from seed or from starter plant. Then, find a sunny window sill to place the herbs. Be sure to water regularly, and enjoy adding fresh flavor to meals, straight from your window sill garden.

Bring the Beach Inside

Kinetic sand isn't just for the kids! Purchase or make Kinetic sand—there are many recipes on how to make your own online. Then, place in a container and dig right in. Many older adults have found working with the sand to be therapeutic, often helping to relieve pain from arthritis and improving fine motor skills. Working with the sand can also lead to a true sense of calm, thanks to the sensory stimulation it provides.

Feed the Birds

Fill a bird feeder and hang it near a window. Consider adding a bird bath outdoors as well, allowing the rain to fill it up. Grab a pair of binoculars and a bird identifier book and enjoy bird watching from the comfort of indoors.

Go on a Virtual Hike

Explore the great outdoors from the comfort of your living room. Check your local library for documentaries about the great outdoors or check out photos from local Denver hiking clubs online. Whether it's national parks or the beachside, you're sure to feel as if you're outside while staying cool indoors.

The summer season often means family vacations. While your loved ones are off enjoying the great outdoors, do you have someone you can depend on when the weather turns hot? Whether you need help running errands, assistance with bathing or dressing, or are looking for a companion to keep you company while your family is away, you can depend on us. Our team would be honored to work with you to ensure you have a seamless summer. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

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