

Me and Heat: Crip Care Work sheet

For your personal use. After questions there may be explanation as to why it might matter.

1. **Name:** _____

2. **Pronouns:** _____

3. **Age:** _____

Age is one of the things that can impact thermoregulation. One set of sweat glands only develops during puberty. As we age our body changes and this includes its ability to thermoregulate. Elders face significantly higher risk during heat waves.

4. **Gender:** _____

5. **Your phone number:** _____

During heat illness cognitive function is impacted.

6. **Your address:**

Like your phone number, if you are calling for an ambulance it's important to give them accurate information to get to you as quickly as possible. This is especially important if you have recently moved or are staying at a hotel or with friends or family so keep this information updated whenever there is a warning of a heat wave coming.

7. Are you pregnant?

- Yes
- No

8. Are you disabled?

- Yes
- No

If yes, list your disabilities. You can then use this list to research how each might or might not be a factor in how your body responds to heat. Remember too to think about how different conditions might interact. For example, if you already have a condition that impacts executive function, know that heat can negatively impact anyone’s executive functioning and consider how this in turn might require additional strategies for ensuring you stay hydrated, particularly if you have a condition that lessens thirst awareness.

9. Do you take any prescription medications?

- Yes
- No

If yes, what are they?

10. Do you take any over-the-counter medications?

- Yes
- No

If yes, list them.

11. Do you use street drugs?

- Yes
- No

If yes list them.

12. Will you be consuming alcohol during the heat?

- Yes
- No

13. If yes, do you drink regularly?

- Yes
- No

14. Are you unhoused?

- Yes
- No

If so, are you (check all that apply):

- Sleeping in a shelter
- Couch-surfing
- Sleeping on the street (alone)
- Part of an encampment

15. Are you in a prison?

- Yes
- No

16. Do you live in congregate care setting such as a group home, long-term care or nursing home?

- Yes
- No

17. Do you live in the community?

- Yes
- No

18. Do you live alone?

- Yes
- No

19. Do you rely on a caregiver or an attendant?

- Yes
- No

20. Wherever you are living does it have air conditioning?

- Yes
- No

If yes, is it central, portable or window unit?

- Central
- Portable
- Window Unit

21. Is your income:

- Very low
- Low
- Low-middle
- Upper-middle
- High

22. Do you live in a rural or urban area?

- Rural
- Urban

23. Do you have access to private outdoor space where you could possibly sleep at night?

- Yes
- No

24. If you live in an urban area do you live in a house or an apartment?

- House
- Apartment

Houses allow for more possibility for cross-breeze at night and the higher your apartment, the hotter it can sometimes be.

25. Do you live in an area with lots of trees, parks and green space?

- Yes
- No

26. Is your building shaded?

- Yes
- No

27. Do you own your own vehicle?

- Yes
- No

If not, this might be a good time to make a list of people you could call to take you to the hospital if the 911 system is overwhelmed and there is a long wait for help. Don't wait for the heat wave to hit. If one is expected, check if your 'ride' will be in town and ask them to stay on standby.

28. How long would it take ambulance services to get to you?

This is also something to keep in mind about when we call for help. Even if you live near a hospital, plan as if you are in a remote area and have to travel a distance. Don't wait for the last minute as it might take time for transport to arrive or once you arrive at the hospital.

29. Do you have people near you who you could call for help or who could check in on you and/or you them?

- Yes
- No

30. Do you have a shower and/or bathtub that is accessible to you?

- Yes
- No

Is it accessible to you in the heat?

- Yes
- No

If not, is there some way that you could adjust it to make it more so? For example, if you are concerned about fainting during the heat, consider placing a chair beside the bathtub and using an extended shower hose to wet yourself while sitting in the chair.

- Yes
- No

31. If your housing is not air conditioned, is there somewhere you could go stay that is?

- Yes – for part of the day
- Yes – to sleep
- Yes – to stay until it cools down outside

32. Do you have a freezer?

- Yes
- No

33. Do you have a washer and dryer?

- Yes – in my unit
- Yes – in my building
- No

34. Will you need to work during the heat?

- Yes
- No

35. Do you work outside?

- Yes
- No

36. Is your job air conditioned or do you work inside in hot conditions?

- Yes
- No

37. Does your job require physical exertion?

- Yes
- No