


### Impacts of Extreme Heat Events on Older Adults

65+ age group has the highest rates of heat-related mortality

Increased emergency calls and hospitalizations



Source: WHO, 2023, BC Coroners Service, 2022

### The 2021 BC Heat Dome

Deadliest weather event in Canadian history

**619** deaths recorded in BC  
 67% were adults aged 70+

98% of deaths were indoors without air conditioning

69% had a mobility disability

64% had a cognitive condition

Source: BC Coroners Service, 2022

### Why Are Older Adults More Vulnerable to Heat?

#### Physical risks

Difficulty regulating body temperature

Low sweating efficiency

Existing chronic disease

#### Mental risks

Cognitive impairments reduce: Danger recognition

Ability to relocate in heat events

Willingness to seek help

### Barriers for Adults with Disabilities During Heat Events

#### Mobility

Difficulty leaving home, using transit

#### Communication

Accessing alerts, seeking help, language barriers

#### Endurance

Difficulty enduring heat over long transit times to cooling centres