

Climate Change, Your Health, and Home

Older adults (age 65+) spend **80-95%** of their time at home.

You want your home to support your health not make you sick.



How does your home affect your health?

...Need repairs?... Got leaks?...Pests?

As the climate changes...

More air pollution and allergens

More
pests/mosquitoes/insects

Extreme heat

Severe weather changes-
more rain and flooding

Human health is at risk...

More air pollution and allergens

allergies, asthma, COPD,
respiratory conditions

More
pests/mosquitoes/insects

asthma, diseases, and
viruses

Extreme heat

Heat-related illnesses,
heart conditions

Severe weather changes-
more rain and flooding

Moisture causes mold-->
asthma and respiratory
health

Let's take a closer look!

Heat

Indoor Air Quality

Pests

Moisture and Dampness

Heat

When temperatures increase, outdoor air quality decreases.

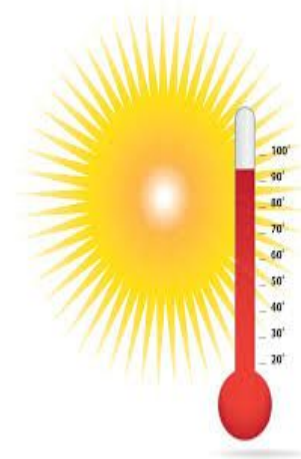
Air pollution gets trapped in warm city air, so people who live in cities are affected even more.

Be aware of heat-related illnesses:

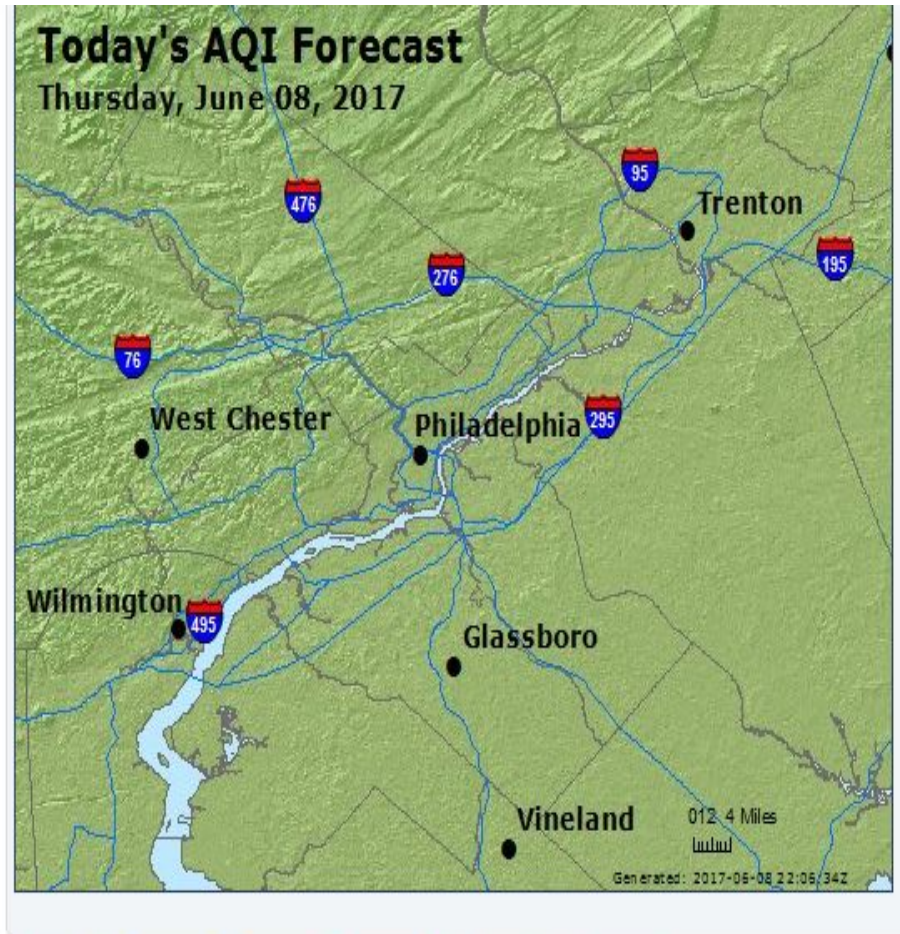
Heat cramps

Heat exhaustion

Heat stroke



Check the Air Quality Index



- Weather channel
- www.airnow.gov

Air Quality Forecast	
Today's High	Tomorrow's High
Air Quality Index (AQI) 45 Good Health Message: None	Air Quality Index (AQI) 51 Moderate Health Message: Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors.



Indoor Air Quality



No
Toxic cleaning products
and chemicals



Yes
Natural cleaning
products

Keep Your Home Pest-Free



- Store food in sealed containers
- Use trash cans with lids
- Wash dishes and clean up crumbs
- Seal cracks and leaks



Prevent Dampness and Mold



Let in fresh air all year



Use a professional to remove more than 10 sq. ft. of mold



Vent indoor air to the outside



Keep drains unclogged

Actions You Can Take

1. Open windows or turn on exhaust fan when cooking using chemicals or showering.
2. Use closed traps and baits for pest control—do not use pesticides or sprays.
3. Keep your home dry by fixing leaks, sealing cracks and holes, and de-cluttering.
4. Wash sheets and blankets with hot water and detergent weekly to reduce asthma triggers and allergies.
5. Keep a list of community resources on your fridge (included in your folder today!)



City Resources for Home & Health

Home Modifications/Repairs

Adaptive Modifications Program (DHCD, 215-448-2160)

- Allows residents with permanent physical disabilities to live more independently in their homes. Must be the owner-occupier or have permission from the owner.

Basic Systems Repair Program (DHCD, 215-448-2160)

- Home repairs to electrical, plumbing, and heating systems for owner-occupiers.

Senior Housing Assistance Repair Program (PCA, 215-765-9040)

- Minor home repairs for homeowners 60+.

Heater Hotline (ECA, 215-568-7190)

- Emergency heater repairs for low-income homeowners.

Philadelphia Housing Authority Scattered Sites Offices

The management team for PHA properties handles emergencies, resolves conflicts, and addresses the needs of their families.

Scattered Sites Housing Operations (PHA, 215-684-5655)

Scattered Sites Maintenance (PHA, 215-684-8603)



Legal Assistance to Get Your House in Your Name

Eligibility for home repair programs depends on having your name on the deed.

If you live in a family home that you never officially transferred into your name, you may be able to receive free legal services from:

- **Drexel Law School Community Lawyering Clinic (215-571-4013)**
- **Philadelphia Legal Assistance (215-981-3800)**
- **Community Legal Services (215-227-2400)**



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The National Nurse-Led Care Consortium (NNCC) supports the growth and development of over 250+ nurse-managed health centers serving millions of vulnerable people across the nation.

