



Developing solutions for heat-related
health impacts in the UK

THERM-UK

OXFORD
BROOKES
UNIVERSITY

HEALTHY EXTRA-CARE HOMES

**Do you live in an extra-care home
or a home with home-based care?**

You could help with an important
health research study.



This study explores how
indoor temperatures affect
health and comfort in extra-
care homes and homes with
home-based care.

Who can take part?

- Those living in an **extra-care home**
- Those living in homes with **home-based care**
- Those who are **65 years or over**
- Participation is **voluntary**

What does taking part involve?



Indoor temperature monitoring in your **bedroom** and **living room**
(Summer 2026, Winter 2026-27, and Summer 2027)



Short survey and diaries



Optional short interviews



Simple wearable monitoring device



**Optional body temperature
measurements**

Want more information?

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Did you know?

- Older people spend **most** of their time **indoors**
- Hot weather can **affect health**



What are the benefits?



£20 voucher as a thank-you



Helping improve future **heat-health
guidance**



Contributing to better **design and
management of extra care homes**



Supporting national action on **climate
change and health**