

# COPE STUDY

A Comprehensive approach to  
enhance Older adults' Preparedness  
for Extreme heat

WE ARE LOOKING FOR  
PARTICIPANTS AGED 60+



HELP US LEARN HOW OLDER  
PEOPLE CAN STAY SAFE  
AND HEALTHY DURING HOT  
WEATHER!

## why participate?

1

Contribute to  
scientific  
knowledge  
about coping  
with extreme  
heat

2

Receive a gift  
card or make  
a donation as  
a thank you for  
your time

3

Play a vital  
role in  
shaping future  
health  
initiatives for  
older adults



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The COPE study is supported by the Government of  
Canada's New Frontiers in Research Fund

# What is it about?

The main goal is to understand strategies for coping with extreme heat in older age.



## What is involved?

1

First testing session (in the community or SFU campus 2h)

2

For 10 days at home: Complete brief surveys 3x per day, wear an activity monitor, and temperature & humidity sensors

3

Second testing session (at SFU campus, 2h)

4

Focus group session (at SFU campus, 2h)

## How to get started?

To learn more about the project and find out if you are eligible to participate please contact us at:

[cope\\_study@sfu.ca](mailto:cope_study@sfu.ca)  
or  
604-499-5172

scan for  
more info:



Don't worry if you're not tech-savvy, we'll provide all the necessary guidance and support!



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