

# Hypothermia



Role play cards: **Hypothermia**

## What's happening?

A young person and their friend pop in to see an elderly neighbour before Christmas. They let themselves in through the back door as usual since the elderly neighbour isn't very mobile and always welcomes their visit. The house is very cold. They find their elderly neighbour shivering and half-asleep in their armchair in the lounge.

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## Ideas for staging and props

- Have a mug, a packet of hot chocolate or soup, and a bar of chocolate 'stocked' in the home's kitchen.
- Have a blanket available.

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## Elderly person

You are feeling very cold and confused. You're shivering badly and your teeth are chattering a little. You feel really drowsy and just want to go to sleep. If someone tries to talk to you, you have great difficulty understanding or responding.

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## Helper

You are worried about your neighbour – they live on their own and don't have much money, plus it's been really cold lately. You and a friend decide to pop in and check the neighbour is okay.

You can tell the heating hasn't been on and the house is freezing. Your neighbour isn't their usual self. They are shivering and appear very tired and confused. You go to help.

**How you are feeling:** *You are relieved you decided to visit your neighbour and keen to help them. You are a thoughtful and considerate person.*

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## Bystander

You are with your friend. Your friend is worried about their neighbour and wants to check in on them. When you arrive the neighbour appears unwell. They are shivering, very tired and confused. The house is freezing cold. Your friend goes to help.

You're really worried that you'll do the wrong thing. You think the best thing to do is let them sleep it off – they look like they could use a rest, and everyone feels better after a rest.

**How you are feeling:** *You are worried about getting things wrong and making the situation worse. You think you should only do something if you know it is the right thing to do.*