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Overheating Resilience Assessment

Understand your overheating risks and create a costed plan to protect residents, staff and care quality.



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Prepare for the next heatwave, not the last one. Protect your vulnerable residents all year round.

The question isn't whether heatwaves will affect your care home. It's how prepared you are when they do. Don't let heat-related risks put your residents' health, your staff's wellbeing and your CQC rating on the line.

We can help.

Overheating belongs on your risk register

Care homes face a unique challenge when temperatures rise. Older people and those with complex health conditions are among the groups most vulnerable to heat-related illness.

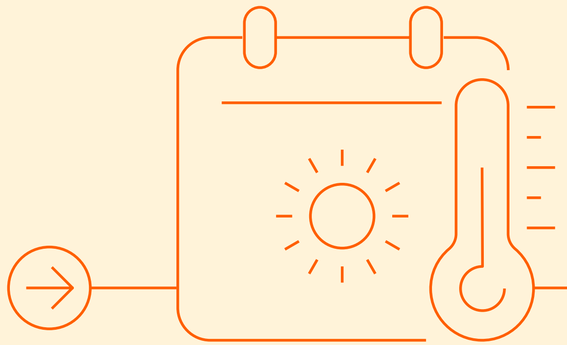
Research shows overheating is already a significant issue across the sector, with many care homes experiencing temperatures that exceed recognised comfort thresholds.

Protect care quality and support CQC outcomes

The UK's building stock is not designed to cope with extreme temperatures.

By understanding and managing overheating risks across your estate, you can demonstrate a proactive approach to resident safety and risk management.

Our Overheating Resilience Assessment helps care providers understand where overheating risks exist, identify their root causes and develop a phased investment plan that prioritises low-cost mitigation measures before considering active cooling solutions.



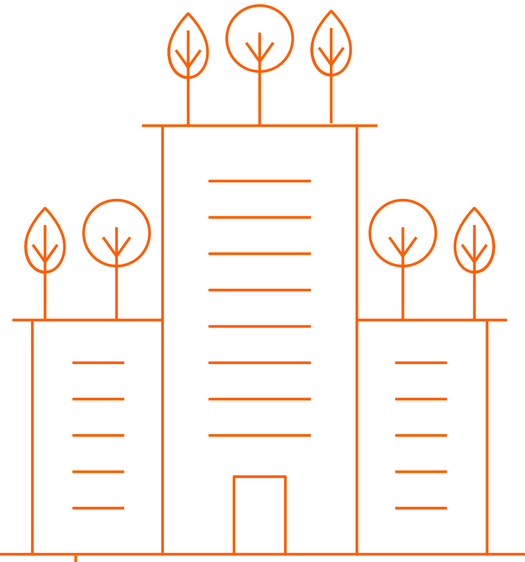
When care homes get hot, the consequences can be catastrophic.

Overheating Resilience Assessment

Why you need to act now.

Summer 2026 was provisionally the UK's hottest on record (Met Office), with five heatwaves. Independent analysis gives the clearest picture yet of the impact on care homes.

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63% of bedrooms

failed the 26°C occupied-hours overheating criterion. [1]

60% of bedrooms

failed recognised night-time temperature criteria. [1]

Over 40°C recorded

in three monitored care homes. [1]

34.1% increase in nursing home deaths

reported during the July 2022 heatwave. [2]

90% of staff

reported that heat affected their ability to carry out tasks effectively. [3]

1. ClimaCare research project
2. Heat-related deaths in social care in England: can the Care Quality Commission ratings system be used to identify care homes that would benefit most from heat adaptation measures? published in the British Geriatrics Society journal Age and Ageing (April 2026).
3. Understanding the Impact of Heatwaves on UK Care Homes: A National Survey of Staff Experiences, Challenges, and Adaptation Strategies (published in March/September 2026 in Health & Social Care in the Community)

Overheating Resilience Assessment

Heatwaves will affect your care home

Periods of extreme heat are becoming more frequent and more intense.

Without tackling your exposure, you risk:

- Heat-related impacts on vulnerable residents
- Increased pressure on care and operational teams
- Disruption to daily routines and service delivery
- Reduced resident comfort and wellbeing
- Staff fatigue and productivity loss
- Reputational damage
- Increased complaints from residents and families
- Poor investment decisions and unnecessary expenditure
- Greater pressure on maintenance and estates teams
- Reduced resilience during periods of extreme weather
- Declining CQC ratings



We can help you prepare

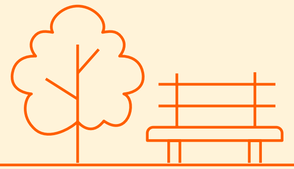
We understand the unique challenges care homes face when managing their estates.

Our Overheating Resilience Survey is designed to help you understand your exposure to overheating risks and develop practical adaptation measures that strengthen resilience now and in the future.

We'll identify the root causes of overheating and provide a phased investment plan that starts by reducing heat loads before recommending cooling systems.

The result is a clear, evidence-based roadmap that prioritises low-cost actions before considering major capital investment.

Our team works closely with care home managers, operational and estates staff to deliver practical, cost-effective solutions that improve comfort and support care outcomes.

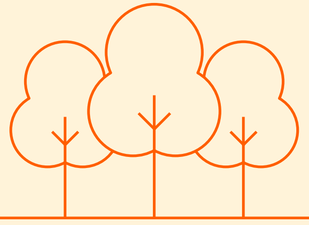


Know the risk. Understand your buildings. Plan the solution.

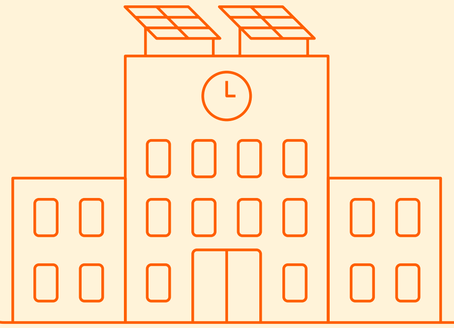
Every care home is different. Building design, orientation, occupancy levels, ventilation, glazing and surrounding environments all influence how spaces respond to rising temperatures.

Our service provides:

- Quantified overheating risks
- Prioritised recommendations
- Costed investment options
- Future resilience assessments
- A phased implementation roadmap



Ensure your buildings remain fit for purpose as temperatures continue to rise.



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1. Understand your overheating risks

Site surveys

Our experienced team conducts detailed on-site surveys to evaluate building performance, pinpoint overheating risks and understand how spaces are currently used.

Our evaluation will include:

- Building fabric and construction
- Ventilation and air movement
- Solar gain and shading
- Occupancy patterns
- Internal heat loads
- Existing heating, ventilation and cooling systems
- High-risk areas, such as classrooms, IT suites, libraries and offices

2. Model future performance

Thermal modelling and analysis

Using specialist thermal modelling software, we analyse how buildings perform during periods of hot weather and future climate scenarios.

We'll identify:

- Areas currently vulnerable to overheating
- Potential future risks as temperatures continue to rise
- The likely effectiveness of different adaptation measures
- Opportunities to improve comfort, wellbeing and energy performance

3. Build a costed plan

Report and roadmap

Following the assessment, we provide a comprehensive report that prioritises practical actions and investment opportunities to reduce overheating risk and strengthen business continuity.

Use the report to strengthen your Climate Action Plan and support your wider climate adaptation strategy.

We'll categorise recommendations into:

- **Short-term measures** - Actions that can be implemented quickly to reduce overheating and improve occupant comfort
- **Medium-term measures** - Targeted improvements that enhance building performance and increase resilience
- **Long-term measures** - Strategic investments that support future estate plans and prepare buildings for a changing climate

Implementation support

Our in-house Mechanical, Electrical and Public Health (MEP) team can support the implementation of the recommendations identified in your report.

From ventilation improvements and control upgrades through to comfort cooling installations and wider building services projects, we'll help you turn recommendations into measurable outcomes.

We can support projects from initial design through to installation, commissioning and ongoing maintenance, providing a single partner throughout the process.

Overheating Resilience Assessment

Key features

- Detailed on-site overheating assessment
- Dynamic thermal modelling
- Data-led risk assessment
- Future climate resilience testing
- Heat gain and cooling load analysis
- Tiered investment roadmap
- Cooling sizing validation
- End-to-end implementation support
- Access to ongoing engineering expertise.

Key benefits

- Protect vulnerable residents
- Improve occupant comfort and wellbeing
- Support staff performance
- Support CQC readiness and governance
- Reduce heat-related operational disruption
- Prioritise investment using evidence
- Avoid unnecessary cooling expenditure
- Improve estate resilience
- Support governance and risk management
- Create a future-ready estate
- Build confidence among residents, families and stakeholders.

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Interested in exploring other efficiency gains?

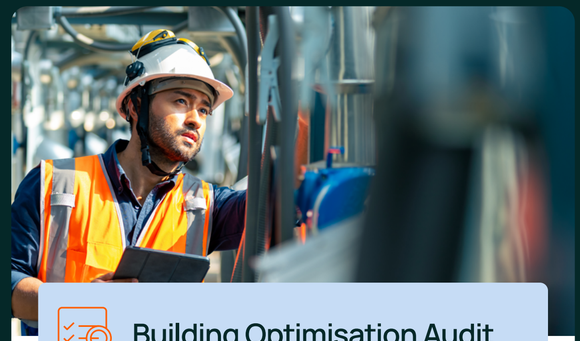
Consider these services for complete peace of mind.



Solar PV Solutions

From feasibility studies to performance design, technical design, construction and handover, our comprehensive Solar PV Solution service gives a smooth transition to clean, renewable energy.

Find out more



Building Optimisation Audit

Assess how your building operates, identifying behavioural, technical and control-based inefficiencies with a Building Optimisation Audit – often delivering returns within 12 months.

Find out more



Ready to future-proof your school?

Contact our team today.

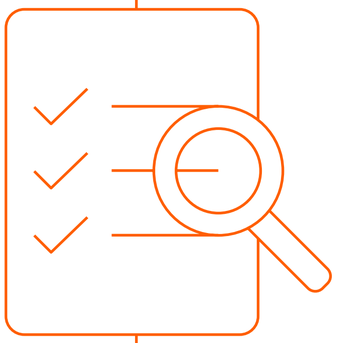
hello@zenergi.co.uk

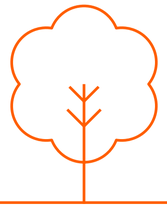
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