

HYDRATION – Drink Well

Why is this important for older people?

Preventing residents from becoming dehydrated is a very important part of caring for older people as good hydration reduces:

- Falls which can lead to admissions with fractures
- Acute confusion which can lead to falls
- Urinary Tract Infections and Kidney Problems
- Constipation and discomfort

Healthy pee is 1-3
4-8 you must hydrate!

1

2

3

4

5

6

7

8

How to help keep residents hydrated:

- Encourage residents to drink 6-8 cups of fluid every day
- Make sure they have a cup/glass that suits them
- Make drinks stations/trolley more appealing to residents
- Drink themes are good
- Think about how fluids are offered
- "Would you like tea, juice or water" etc instead of "Would you like a drink?"

Be a positive influence

- Promote good hydration with staff
- Make sure drinks are available at all times
- Ensure residents are comfortable when drinking
- Make drinking a pleasure rather than a chore
- Make drinking a social activity that is fun

How Can I Help?

Keep glasses topped up throughout the day

Give full glasses with medication

Offer a drink with each meal

Serve drinks in a favourite mug/appropriate cup

Keep a glass of water by the bedside

Think about the cup— can they hold it?

Use light, plastic cups that can appear smaller

Activities eg. making mocktails/ milkshakes

Meals consisting of fluid rich foods (ie custard, soup)