

HYDRATION

Think Drink!

SPOT THE SIGNS OF DEHYDRATION

- Thirst, headache, a dry mouth, lips, or dry cracked tongue.
- Tired, dizzy, lightheaded.
- Passing only small amounts of dark coloured, concentrated urine.
- Dry sunken eyes, fragile skin.
- Confusion or changes in behaviour.

Older people, particularly those living in care homes are at risk from dehydration, which can lead to serious health consequences i.e., UTI's, confusion, delirium, falls, pressure ulcers and constipation.

A Urine Colour Guide to Hydration

Dehydration can become visible in urine colour

1	1 to 3 is a Healthy Pee Pale, odourless urine is an indication that you are well hydrated
2	
3	
4	At number 4?... Drink some more...
5	By 5, 6, 7, 8 you really need to RE-HYDRATE If blood is present in urine either red or dark brown, seek advice from your GP
6	
7	
8	

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It is recommended that adults drink at least 1500mls of fluid every day. This equates to approximately 6-8 mugs or glasses. All fluids count (except alcohol) ... water, juice, tea, coffee, milk...



TOP
TIPS

FOR
IMPROVING
HYDRATION

- Complete a hydration risk assessment tool to identify those with poor fluid intake or at risk of dehydration & those that require prompts, encouragement, support, or assistance.
- Ensure hydration charts are accurate and up to date.
- Increase drinking opportunities - provide extra drinks with medications and meals.
- Provide fluid rich food such as ice lolly's, ice cream, jelly, fruit/veg, soups, sauces, stews.
- Explore preferences, increase choice - **GET CREATIVE**
- Provide appropriate encouragement, support, assistance, and adequate time.
- Consider what drinking vessels are used to make drinking a pleasant experience.

Further info available at: <https://www.valeofyorkccg.nhs.uk/about-us/partners-in-care/care-home-domiciliary-care-staff/improving-hydration-in-care-home-residents/>