Dehydration in Older People Awareness Week
6th -12th June 2011

Getting involved

There's lots of ways you can get involved in DiOPAW.

Utilise some or all of the following to improve the awareness in your care home, community meals service, among assessors, carers and health professionals.

Water for Health Ageing – Hydration Toolkit full of ideas, background information, case studies and a quiz for you to print out and use.

Spotting the Signs of Dehyrdation information sheet, which is a useful quick reference guide for staff and helps them assess and identify potential problems.

NACC's Improving Fluid in Intake in Summer information sheet

All available via - http://www.thenacc.co.uk/resources/top_tips

We Support Dehydration in Older People Awareness Week Poster

Posters available from the Water UK website that can be used to promote to staff, carers and service users the benefits of good fluid in take.
http://www.water.org.uk/home/water-for-health/resources/hydration-posters

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How you can utilise these to improve the awareness of the risks of dehydration–

Staff training – We have developed a training presentation that you can adapt to your work place to ensure your staff are -aware of the risks, are able to identify them, understand the health benefits of good fluid intake, and are able to improving practices to increase fluid intake.

Workplace Toolbox Talk – We have developed a short “Toolbox” talk session for a quick introductory session to raise the awareness of dehydration.

Show your support, and raise awareness by displaying a “We Support the Dehydration in Older People Awareness Week” Poster.

Service users – We have developed an information sheet to remind them to drink more especially in warmer weather.

Remember to include any carers, family and associated volunteers in your training by raising the awareness everyone can improve the situation.