

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

What is Dehydration in Older People Awareness Week?

Dehydration in Older People Awareness Week is an initiative that the National Association of Care Catering is using to promote the benefits of good hydration to older people where ever they are living --- at home, in the community or in a social or health care setting. It is hoped the care sector, health professionals and the voluntary sector too will promote a joined-up message regarding ensuring all older people have access to sufficient drinks through out the day.

The first Dehydration in Older People Awareness Week (DiOPW) will run from 6th to 12th June 2011, and includes a valuable resource designed to provide useful information about drinking, thirst management and its benefits.

It's easy to take a positive action in promoting drinking. There are simple tips to help people increase their fluid intake and therefore improve their health and quality of life. The aim of this campaign is to drive awareness amongst older people and their carers - and show - that by making positive changes to drinking habits and drinking more, older people can improve their quality of life. The benefit to carers and staff within social and health care settings is the reduction in dehydration related illness that often requires complex treatments.

The DiOPAW builds on that No One Should Go Hungry campaign, the week's aim is to highlight that good fluid intake is a fundamental part of good nutritional intake.

It's also important to understand how much fluid is required on a daily basis, and how this can be increased, and what are the good practices to follow. These are aiming for 1.6 litres of fluid or 8 x 8 oz cups of fluid per day, and it could be drinking a couple of extra cuppas, offering more water when medication is taken, and looking at other nutritious drinks such as fruit smoothies.

Regularly drinking can prevent health problems. Drinking more fluid will ensure illness such as urinary tract infections are reduced. The NACC advice is that older people should all aim to have at least 8 drinks per day.

Older people must enjoy what they drink, enabling them to stay healthy.

