

Dehydration in Older People Awareness Week

Tool Box Talk

Good hydration is as essential to the day to day quality of life of our service users.

Good hydration is the responsibility of all those involved in Social Care and at all levels. It is a continual process throughout the whole of the person centred care.

By doing so we hope to be able to: -

- **Improve the health of the service user** in mind and body.
- **Reduce the Number** of accidents in the home caused by falls and incontinence.
- **Avoid Serious Illness** caused by the lack of fluid intake.

Spotting the signs and symptoms

Is the person eating/ drinking less than usual?

Is the person coloured or small amounts of, and often strong smelling urine?

Is the person regularly complaining of headaches?

Is the person feeling tired?

Does the person appear to have a dry mouth, lips or eyes?

Are they lacking concentration / easily distracted?

Do they appear confused?

Have they constipation?

Have they had or are prone to urinary tract infections?

Are they always thirsty?

What should they drink?

Aim for at least eight drinks per day. Any fluid, except alcohol counts including milk, water, tea, coffee and fruit juice

- Remember.... **There is a place to offer a drink in almost every activity you do!**

Throughout this talk we have seen that proper fluid intake is an integral part of a good care package. Not only does this improve the service users health but it also improves the quality of life, and reduces the likelihood of illnesses occurring.

Good hydration is part of the nutritional care package



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

National Association of Care Catering

www.thenacc.co.uk