



NACC ANNOUNCES 2012 DEHYDRATION IN OLDER PEOPLE AWARENESS WEEK DATES 11th to 17th June 2012

The National Association of Care Catering (NACC) has today announced the dates of its national Dehydration in Older People Awareness Week 2012. It will run between 11^h to 17th June 2012, and will they hope, continue to help raise the awareness of dehydration in older people throughout the UK. This follows on from this year's successful week which has helped raise awareness, and has demonstrated how dehydration can be prevented.

The NACC will once again provide information and supporting materials to be used by all those working in the care and health sectors to raise awareness and promote good hydration across their services .

The continued aim of the campaign is to drive up awareness amongst professionals, older people themselves and their carers, and to demonstrate that by making positive changes to drinking habits and drinking more older people can improve their quality of life.

Derek Johnson, NACC Chairman said: "We were proud to launch the first Dehydration in Older People Awareness Week. It's now important to keep the momentum of the first event moving and by announcing the next year's date a year in advance we are ensuring that the week can be factored in to everyone's strategic planning for next year."

Derek added "Many social and health care staff are in a position to help monitor the health of older people and it continues to be vital that we ensure they have the knowledge, skills and tools to allow them to provide the care our vulnerable service users deserve."

There is also a strong economic argument for supporting older people with good hydration. Evidence suggests that dehydration among older people can lead to increased hospital stays and increased readmission rates.

The Dehydration in Older People Awareness Week will be promoting that better hydration helps to:

- maintain body temperature
- improve mental performance
- prevent falls through fainting
- prevent pressure sores
- prevent constipation
- prevents Urinary Tract Infections
- prevents kidney & gallstones



- reduce the risk of Heart Disease
- prevent Low Blood Pressure.
- Drinking more water improves oral health

Ends

For more information and a copy of the report, please contact: Derek Johnson, **Chair NACC** on: 07891271870/ 0870 7480 180 chair@thenacc.co.uk

Notes to editors:

The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC has a petition asking for support in raising awareness of this issue, and that of malnutrition to a wider audience. For more information log on to www.thenacc.co.uk

The NACC's No One Should Go Hungry campaign is an ongoing campaign to raise the profile of malnutrition in the care sector, and demonstrate the benefits to all of good nutrition. Improved quality of life for those at risk, less demands on their carers, health and social care services.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector