

# TIME TO HYDRATE

Guidance for care home staff supporting people who live in care homes



People living in care homes are at increased risk of dehydration. Risks include:

- Clots and heart attacks
- Urinary tract infections
- Pressure sores
- Adverse drug interactions
- Hospital admission
- Increased risk of death

Being hydrated can help with:

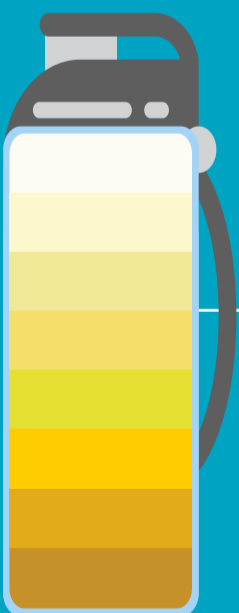
- Low blood pressure
- Dizziness and falls
- Incontinence
- Tiredness
- Headaches
- Dry mouth
- Constipation
- Memory

Support residents to drink 8 glasses or cups daily to stay hydrated:



## Are you getting enough fluids?

You may be able to tell if the person you are looking after is dehydrated by checking the colour of the person's urine.



Healthy urine

The person is dehydrated.  
Take measures to support fluid intake.

## Helping older people to drink enough

Older people may:

- Forget to drink
  - Have swallowing difficulties
  - Have difficulties eating and drinking
- Develop a personalised approach to fluid intake
  - Find out drink type and presentation the person prefers
  - Record personal preferences in the care plan
  - Present fluids in preferred cup, mug or glass
  - If drinks are not finished, offer more frequently
  - Encourage a variety of drinks
  - Encourage drinking in a social, pleasant environment
  - Before breakfast offer a drink
  - Encourage fluids with medications
  - Offer drinks throughout the day

If a person has swallowing difficulties they may have been recommended a specific fluid level called an IDDSI level. Please note that suggested drinks may not be suitable for people with swallowing difficulties. Always check the persons recommended IDDSI fluid level before providing drinks