



# DEFEATING DEHYDRATION IN OLDER PEOPLE

We've put together this at-a-glance guide to helping older people stay hydrated, whether you're looking after a relative at home, popping in on a friend or caring for someone in a care home or hospital.

## DEHYDRATION MATTERS

D

**Staying hydrated is essential for good health.**

**Dehydration can cause:**

- urinary tract infections (UTI)
- constipation
- falls
- hospital admissions

R

## REMOVE BARRIERS TO DRINKING

- Make a choice of drinks easily available and in reach
- Use cups that an older person can hold easily
- Avoid heavy mugs or cups with small handles
- Encourage those who worry about incontinence to keep drinking

I

## IDENTIFY SIGNS OF DEHYDRATION

- Dry mouth or tongue
- Headaches
- Confusion
- Drowsiness
- Unsteadiness

N

## NOT JUST WATER

- Getting enough fluid is what matters most
- Water, squash, fizzy drinks, juice, tea and coffee all count
- Even fluid-rich foods like soup, jelly, ice cream and yoghurt are an important source of fluid

K

## KEEP THE DRINKS COMING!

- Make sure older people have plenty of chances to drink
- 1.5 litres is the minimum amount of fluid that adults need every day - this is equivalent to at least 8 large cups or mugs

You need  
at least



or

