**Know your residents**

Can you think of residents who fit into these hydration categories in your home? How many of each resident type do you care for?

|  |  |
| --- | --- |
| Your home | |
| Type of resident | **Number of residents** |
| Independent  *Can drink independently without support or encouragement* |  |
| Needs prompting  *Can drink independently but requires verbal encouragement to consume their drink* |  |
| Needs assistance  *Relies on staff for the provision and consumption of drinks* |  |
| Total number of residents: |  |

Think about the residents in your home:

• Can all of your independent drinkers ask staff for drinks? If not, how do they receive drinks?

• What help is given to residents who need prompting to drink?

• What help is given to residents who need assistance to drink?

- Is the same level of help given at different points during the day when fluids are offered?

• How do you know that all residents are getting enough to drink?

- Who records this? Is this information monitored and acted upon if needed?