**What happens in your care home?**

Use this table to think about how care is delivered in your home over the course of a typical day. What tasks happen when and how is drink delivery organised at these different points?

|  |  |  |
| --- | --- | --- |
| Time | Care Tasks | Fluids Served |
| 6 – 8am  Early Morning |  |  |
| 8 – 10.30am  Breakfast |  |  |
| 10.30 – 12pm  Mid-morning |  |  |
| 12 – 3pm  Lunchtime |  |  |
| 3 – 5pm  Mid-afternoon |  |  |
| 5 – 7pm  Dinnertime |  |  |
| 7 – 10pm  Evening |  |  |

Think about how care is organised in your home…

• Are staff focused on different activities at different times of the day?

• Are all residents offered a drink at different times of the day?

- Think particularly about residents in their own rooms or those needing assistance to drink

• How are staff allocated to support and monitor hydration for individual residents?

• How could the number of times residents are offered fluids be increased in your home?

• What could be done to ensure all residents consume enough fluids?