

# Thirsty Thursday

Dehydration happens when the amount of fluids taken are not enough to replace the fluids lost. 1 in 5 people living in long term care are dehydrated

## Hydration

- Drinks provide 70-80% of water needs
- 20-30% of water needs comes from food
- General recommendation is 6 to 8 glasses per day
- 30ml/kg is more individualised: Aim minimum 1500mls/day



## Eat your water!

Here are some high water content foods that can count towards fluid intake:



Jelly



Clear soup



Custard



Ice Cream



Gravy



Yoghurt



High water content fruit and veg such as: strawberries, melon, oranges, cucumber, mushrooms, and lettuce

## Factors that affect hydration

Cognitive impairment

Fear of drinking

Level of support required

Access to fluids

Access to fluids they enjoy

Choice of cup/ mug

Poor vision

Poor mobility/ dexterity

Swallowing difficulties

Aging process

Depression

Communication difficulties

Recent illness



## Tips to support fluid intake:



- Consider **sensory needs**: glasses, hearing aids etc
- **Understand** why your resident may be reluctant to drink
- Encourage **visitors** to support fluid intake
- **Socialise** with resident and make it fun
- Support residents to **decide** which drink they would like
- Provide **sufficient opportunities** to drink
- Does your resident like a **particular cup**?
- Does your resident **need assistance**?

## Which fluids count?

Water, tea, coffee, squash, juices, fizzy drinks and milk all count as fluid. Milky drinks e.g hot chocolate and milkshakes are best as they contain protein and calories too.

