

# Opportunities for offering drinks

For residents to drink **at least 1500ml a day** drinks need to be offered frequently.



6 – 8am

Early Morning

Offer a hot and/or cold drink

8 – 10.30am

Breakfast

Offer a hot and cold drink

Remember to offer drink refills

10.30 – 12pm

Mid-morning

Offer a hot and cold drink

12 – 3pm

Lunchtime

Offer a hot and cold drink with lunch

Offer fluid-rich desserts (e.g. custard)

3 - 5pm

Mid-afternoon

Protected Drinks Time

Serve residents a hot and cold drink

5 – 7pm

Dinnertime

Offer a hot and cold drink with dinner

Offer fluid-rich desserts (e.g. ice cream)



7 – 10pm

Evening

Offer a drink before the resident is too tired or sleepy

Remember to offer refills of drinks throughout the day

# Helping to hydrate older people

The minimum amount every adult should drink is 1500ml per day. This is around 8-10 glasses or cups.

Many older people do not realise that they are thirsty, and may need to be encouraged or assisted to drink. This means:

- Waking residents up, or reminding them to drink
- Offering residents a suitable cup
- Positioning residents so they are able to drink comfortably
- Holding the cup for someone or putting the cup into their hands



## Everyone has their own drinks preferences

- Ask residents what they would like to drink
- Use a Drinks Menu to provide choice
- Offer both a hot and cold drink
- Offer drinks regularly throughout the day

### Cold Drinks Menu



### Hot Drinks Menu



## Some foods are also a good source of fluid such as:

Custard, gravy, ice cream, jelly, cream, fruit, yoghurt, porridge, soup

