

WELCOME TO
**HYDRATION
STATION**



Tips and tricks of staying hydrated for the elderly population, and why it is so important!

Why is hydration so important in the elderly?

60% of our body is made up of water, so is very important for overall health.

People over 65 years are more likely to become dehydrated.

Approximately 1 in 4 of the elderly population are dehydrated.

As we get older our sense of thirst decreases and the kidneys do not function as well.

It also may become physically harder to drink as we age.

Hydration is important for the absorption of water-soluble vitamins and minerals which have vital functions in the body.

Some medications can increase the likelihood of becoming dehydrated.

Complications of dehydration can be:

- Kidney issues
- Heart issues
- Brain damage

What are the signs and symptoms of dehydration?

Drowsiness

Dizziness

Sunken Eyes

Dry Inelastic Skin

Dark Urine

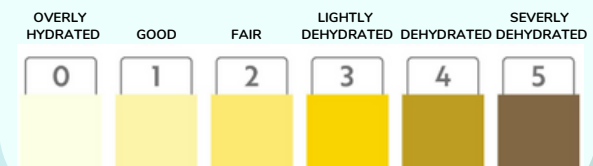
Confusion

Low Blood Pressure

How to check if you're hydrated.

Looking at your urine can help you see if you need to drink more water

You can use the easy and simple chart below as a guide for your hydration levels.



What are the recommendations?



The recommendations are 6-8 glasses of water per day.



This is approximately 2 litres.



This can be achieved through food too!



Foods such as: watermelon, lettuce, tomatoes, apples, eggs, avocado are high in water and can contribute to hydrating you!



You can also make meals that will boost your water intake.



Such as soups, stews and smoothies.

Scan the QR below for recipe inspiration



Tips for increasing water intake!



Include a range of non-alcoholic drinks e.g. coffee, fruit juice, and tea.



Consume your favourite drinks little and often - Every sip counts!



Have drinks readily available.



Use a straw!



Have a visual cues or use an easy to use cup.



Drink a full glass with medications.



Make drinking interesting e.g. adding fruit to water to add vitamins/minerals



Involve family and friends.

Where to go for help in Cheshire?

If you're in need for help:

- Contact your GP for any issues.
- Talk to friends/family for reminders and prompts for hydrating.
- Ask a nurse and/or carer if they wouldn't mind making a drink when visiting.

WEBSITE:

www.ageuk.org.uk/cheshire

EMAIL ADDRESS:

admin@ageukcheshire.org.uk

PHONE NUMBER

01606 881006