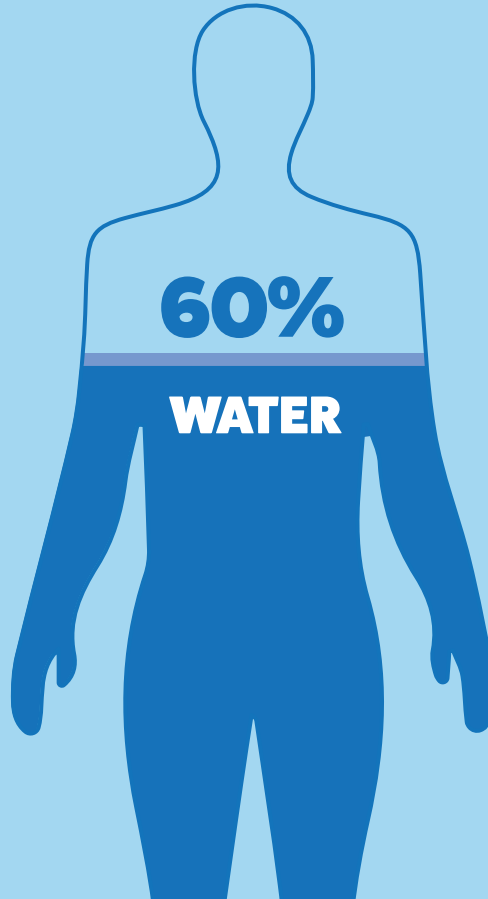
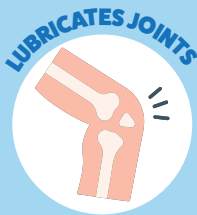
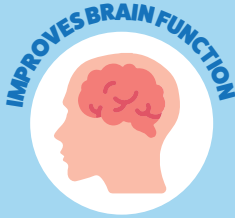


Hydration

Helping others stay hydrated and healthy



**EVERY
DROP
COUNTS**

The endless benefits of hydration

Water makes up around 60% of your entire body and is vital for staying healthy.

EVERY CUP COUNTS

How you can help others
stay hydrated and healthy

How do you like your cuppa?

Take the time to find out how someone likes their drink. Ask how they prefer their tea and coffee. Milk, no milk, strong, weak, sugar or sweetener and how many? Do they have or need a certain type of cup? Do they require assistance to drink?



Milky?



Sweet?

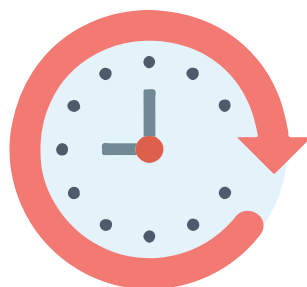


Strong?

Lots of offers and reminders

Offer a drink with medication and at mealtimes. Aim to offer drinks hourly during the day.

Help them to drink 6-8 times a day and aim for at least eight cups of fluid.



EVERY BITE COUNTS

How you can help others
stay hydrated and healthy

Offer a variety

Offer a variety of drinks and remember that fruit, jelly and ice lollies also help to keep people hydrated.



Fruit



Jelly



Ice lollies

Add some flavour

You can add flavour to water by adding fruit, herbs or vegetables, such as cucumber, orange, lemon, mint, strawberry, kiwi, melon, lime, raspberry or blueberry.

Infused water recipes and their benefits:

- infused water has natural antioxidants
- helps to boost your immune system
- tastes fresh
- flushes toxins
- improves your energy levels



EVERY DROP COUNTS

How you can help others
stay hydrated and healthy

Fear of incontinence

When someone is not hydrated enough, their urine becomes concentrated, and can irritate the lining of their bladder. This can cause pain, discomfort and make people need to wee more often and with more urgency. Their wee is also likely to smell stronger.

If people suffer with bladder leakage they may leak more often when fluids are reduced. This is because the bladder becomes unstable and difficult to control.

There are number of food and drinks you can offer to keep them hydrated and well.



Great drinks that do not irritate the bladder:

Decaffeinated coffee and tea,
herbal teas, milk, milkshakes,
water and diluted fruit juice.



Drinks and food which can irritate the bladder:

Citrus fruit and juices, tomatoes,
fizzy drinks, alcohol, tea, coffee,
hot chocolate and green tea.