

# Hydration



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits



Ways to Stay Hydrated

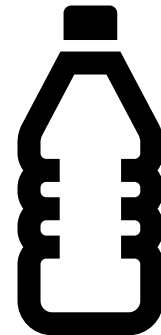


High-water Foods

## Key ideas:

High-water foods include:

- Soups, broths
- Celery, tomatoes, cucumbers, lettuce
- Apples, oranges, grapes, berries, melons, peaches
- Jelly, gelatin desserts, ice cream, yogurt, popsicles



- Our bodies need water.
- Dehydration can cause tiredness, delayed wound healing, constipation, headaches, and confusion.
- Dehydration risk increases as a person gets older.
- It may be difficult to remember to drink enough fluid, and thirst cannot be relied on as a cue.
- It is recommended that older adults consume about 8 cups of fluid each day. This includes both water and other drinks.

Look out for warning signs of dehydration, such as dry mouth, headache, dizziness/fainting and feeling tired.

# Staying Hydrated

- Leave out jugs of water in accessible places.
- Try using a water bottle that has the volume marked on the side. Set a goal for increasing intake each day or week.
- Try a glass of water that is just cooler than room temperature. Some people prefer warm water.
- Remember to drink something with all meals and snacks.
- Drink small amounts often throughout the day.
- Identify preferred drinks and drinking vessels.
- Make frequent offers of fluid and provide variety.
- Try one-way straws, easy-to-open bottles, or non-spill cups.
- Set reminders or track drinking with a drink journal.

## How can I get started?

- Darker, stronger-smelling urine and infrequent urination can mean that you are not drinking enough.
- If weight loss is an issue, focus on fluids that are high in calories and protein, rather than water. These include milk, milkshakes, ice cream, nutritional supplement drinks, and cream soup.
- Trying new and inventive strategies (e.g., adding cucumber and lemon slices to water or serving herbal tea, or having non-alcoholic happy hour) will pay off.

## My notes, reflections, and goals:

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