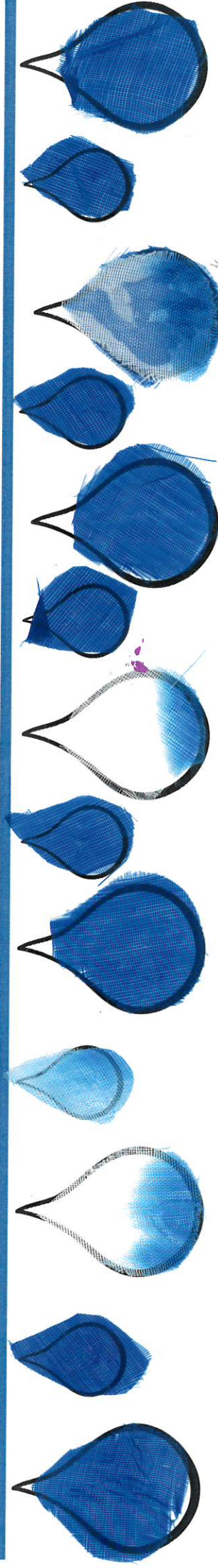




# STAY HYDRATED



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## Dehydration Causes

## Remove Barriers to Drinking

## Identify Signs of Dehydration

## Not Just for Water

## Keep the drinks coming

UTI

Encouragement

Dry Mouth

Constipation

More Suitable Cups

Headaches

More Falls

More Drink Choices

Confusions

Hospital Admission

Avoid Heavy cups and small handles

Drowsiness

Getting enough water matters the most.

water, juice, squash, fizzy drinks, tea and coffee

Even rich foods like soup, yogurt, jelly and ice cream is import source of fluids too.

1.5 Litres is the recommend amount of fluids each day.

Make sure the elderly have plenty of chances for a drink throughout the day.

## The Importance of Nutrition

**Fruit and Vegetables** are so important when it comes to the body thriving

**Calcium** The easiest way to get calcium is with dairy which is also a source of vitamin D which is an important vitamin for healthy bones.

**Wholegrains** are an essential source of fibre, which is so important as you age to keep the digestive system working well. Wholegrains also provide plenty of B vitamins

**Protein** is important for keeping the muscles healthy, but it is important to keep your food sources as lean as possible to avoid weight gain and additional cholesterol.

**Omega-3** is important for preventing heart and brain diseases so is one of the essential foods for older people. It is an especially important vitamin to consume as you age as you naturally become more prone to certain conditions

