

## What else can you do to help?

- Empty bladder regularly throughout the day
- Get up and move about frequently to stimulate the urge to go.



- Eat a well-balanced diet to prevent constipation
- Reduce caffeine intake.
- Review medication regularly.



## What to do if you are concerned about someone else?

You can help prevent dehydration by:

- Being aware of the early warning signs
- Sitting down and having a drink or cup of tea with them
- Planning visits around mealtimes to get a sense of what they are drinking and if they have any difficulties drinking
- Having a look in the fridge or cupboards to check they have enough things to drink
- Encouraging them to attend local cafes / local lunches / visiting voluntary, community or faith organisations with luncheon clubs
- Ensuring both hot and cold drinks are safely and freely accessible
- Encouraging around 8 drinks per day

- Be aware that other food such as jelly, soup, yoghurt, milk puddings, ice-lollies, and some fruits also contain fluid
- Supporting access to both social and health services.

## Who can help?

Your GP or community nurse can provide you with advice or information about preventing dehydration or can provide information on other services which might be able to help.

## Other useful contacts

**Worried about getting to the toilet on time** – contact your GP or nurse who will refer you to someone who can help.

**Issues with a catheter or continence items** – contact the continence service:

Hartlepool & Stockton	Tel: 01429 522 500
Middlesbrough	Tel: 01642 737 737
Guisborough	Tel: 01287 284 112
Northallerton	Tel: 01609 751 276

**Having difficulty using utensils or the kettle** – contact your GP for a referral to the Occupational Therapy service.

**Having difficulty chewing or swallowing** – contact your GP for a referral to the SALT Service (Speech & Language Therapy).

*Thank you to Healthier Scotland for their resources*

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# Healthy Hydration

**Spotting the signs of Dehydration and Simple first steps ....**



  
South Tees  
Clinical Commissioning Group

South Tees Hospitals   
NHS Foundation Trust

  
Hartlepool and Stockton-on-Tees  
Clinical Commissioning Group

North Tees and Hartlepool   
NHS Foundation Trust

  
Middlesbrough  
moving forward  
  
Tees, Esk and Wear Valleys  
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REDCAR & CLEVELAND  
BOROUGH COUNCIL

  
HARTLEPOOL  
BOROUGH COUNCIL

  
Stockton-on-Tees  
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North East Ambulance Service   
NHS Foundation Trust

## What is dehydration?

Dehydration is when we don't drink enough fluids to maintain a healthy balance in our body. Water makes up two-thirds of our body and we need fluids to help digestion; flush out waste and toxins and to keep skin health.

Most people get dehydrated by not drinking enough fluids, or by losing fluids and not replacing them.



## Who is at high risk?

You, or someone you care for, may be at risk of dehydration if you:

- Are dependent on others for provision of or access to fluids
- Have swallowing problems
- Have a raised temperature
- Have diarrhoea and / or vomiting
- After you have taken part in physical activities
- Are limiting your drinks because you have difficulty getting to the toilet on time
- Are limiting your drinks because you don't want to get up through the night to go to the toilet.

## Spotting signs of dehydration

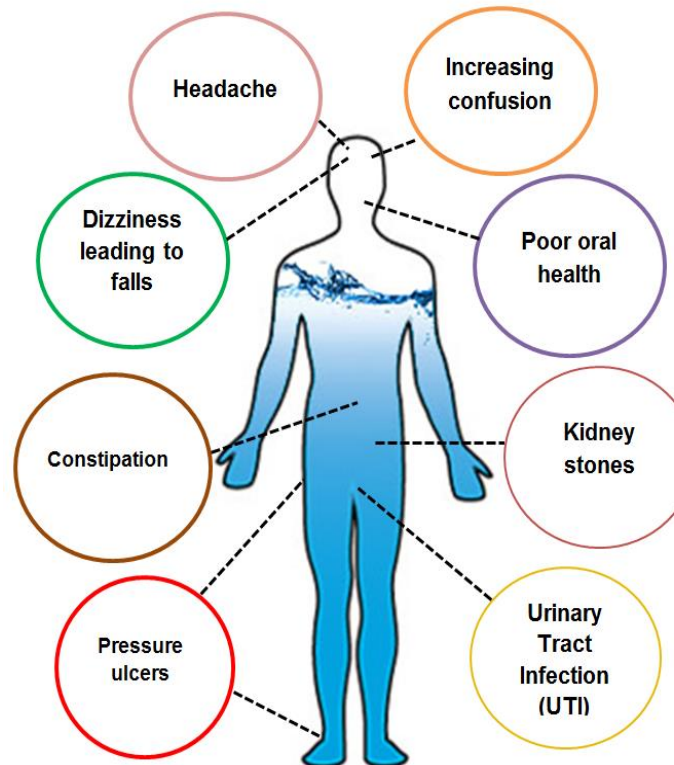
- Drinking less
- Feeling thirsty



- Headaches
- Tiredness
- Dry mouth / lips
- Poor oral health
- Confusion

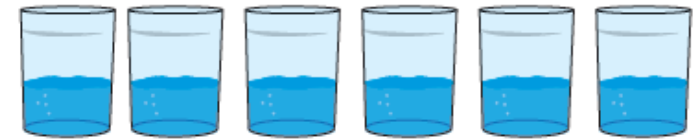


- Small amounts of urine
- Dark Urine
- Urinary Tract Infection (UTI)
- Constipation



## What should you drink?

- Aim to drink at least 6 – 8 cups or mugs per day.
- Any fluids, except alcohol, eg milk, water, tea\*, coffee\*, fruit juice.
- Also eat foods that contain fluids such as jelly, ice-llies, yoghurt, soup, fruit such as melons.
- Drink regularly through the day.



*\*Tea, coffee and some fizzy drinks contain caffeine which, if taken in large quantities, can contribute to dehydration. Try alternatives such as decaffeinated tea and coffee.*

## Urine Colour Chart – healthy pee!

