

Hydration

As we age, our sense of thirst diminishes, certain medications may lead to increased urination, and swallowing difficulties can make it harder to drink and retain water.



Signs of Dehydration

Monitor for early signs of dehydration to prevent severe dehydration from occurring. Signs include **dry mouth**, **fatigue**, **dizziness**, **confusion**, and **dark urine**. Take swift action to rehydrate if you notice any of these symptoms.

Encourage Fluids

Encourage regular fluid intake by **offering water** and other **hydrating beverages throughout the day**. In addition to water, include options like **herbal teas**, **fruit juices**, and **broths** to add variety.

Hydrating Foods

Include hydrating foods in the diet, such as **fruits** and **vegetables with high water content**. Foods like watermelon, cucumbers, strawberries, and oranges can contribute to overall fluid intake.

Monitoring Hydration

Older adults should have around 9-13 cups of water a day. Keep **track** of **daily fluid intake** to ensure adequate hydration. Use a journal or app to record the amount and type of fluids consumed.

Creative Hydration Strategies

Be creative to keep your loved one hydrated:

- **Infuse water** with fruits, herbs, and vegetables.
- Incorporate **high-water-content foods** into the diet.
- Offer **hydrating beverages** such as herbal teas and coconut water.
- For those with swallowing difficulties, try gelled water.
- **Apps and reminders** can help track fluid intake.