

Top tips to stay healthy & avoid falls



Hydration:

Dehydration can result in constipation, water infections, poor skin, and increase the likelihood of a fall. It also can make a person feel tired and affect the memory and concentration levels. Consider using a fluid tracking chart to understand how often a person in your care is drinking and how often they might be urinating.



Ensure the person eats and drinks plenty. Otherwise they may feel tired, weak and dizzy and in turn increase their risk of falling.

Set a target to try and drink 6-8 drinks throughout the day (that's about 2 litres) it doesn't have to be just water – fruit squash or milky drinks are good choices!

Try to serve more fluid rich foods such as soups, yoghurt, rice pudding, custard, fruit and vegetables and avoid diuretics such as caffeine and alcohol as these can have a dehydrating affect.

If the person is up a lot in the night, seek advice from GP/local bladder support service, – or try to serve most of their drinks earlier in the day.

Don't rely on a person to tell you they are thirsty! When a person is thirsty they are already dehydrated and as we get older our sense of thirst can reduce.