

## TIPS FOR KEEPING HYDRATED AND COOL



### Signs of Dehydration

**More confused / delirium, difficulty in walking, dizziness and or headaches, dry mouth, sunken eyes,**

**Inability to sweat or produce tears, rapid / slow heart rate, low blood pressure,**

**low urine and or strong and dark urine , constipation and water infection**

- 1 The first thing to do if your loved one is dehydrated , is not rocket science get them to drink. Cool water is best, add things to it to make it more interesting, squash, slice of cucumber, orange, mint or lemon. Make this up the night before and chill in the fridge. Tea or coffee can be used but try decafe, and remember keep an eye on temperature if giving hot drinks
- 2 Keep drinks where they can easily be seen, where they sit, by their bed or on rout to the bathroom, bed room or kitchen, you could also put out “wet food”.
- 3 Use notes, and other verbal prompts “I am so thirsty” “its hot I really need a drink, you have one with me” , you should have a drink at the same time use encouraging words- “this juice... is delicious “ “you make the best tea” “I am so looking forward to a nice drink” .
- 4 Use “wet foods” soup, gravy, mashed potatoes with milk and butter, tomatoes, cucumber, grapes ALWAYS cut grapes in half, melon, soft pears, soft plumbs, make a fruit salad, milk shake. Ice pops, lolly's, ice cream., in hot weather frozen fruit—berries, grapes, melon.
- 5 Make sure all carers, visitors know hydration is an issue and they should also prompt. Try not to tell a person to drink, encouragement is frustrating at times but it’s the best way.
- 6 In very hot weather keep the person cool, open windows, close curtains, nets or blinds, create air flow or a small draft, loosen clothing, remove jumpers / cardigans , remove tights / stockings, men should wear shorts.
- 7 Move rooms if another room in the house gets less direct sun, think about sitting in there, say think like I fancy a change, or its better in here its, not so hot.
- 8 Wash their hands in cold water, place cold (not frozen) damp cloth on head, back of neck or chest, keep replacing until the person is cool.
- 9 Try an electric fan or a hand held paper fan, Electric fans can make a person more dehydrated so keep giving fluids .
- 10 Don’t over do the cooling, you are trying to reduce their heat not make them cold.
- 11 If you are concerned call 111 NHS direct for further advice or to seek medical help .
- 12 Keep calm, a person with dementia can still understand body language and your mood.