



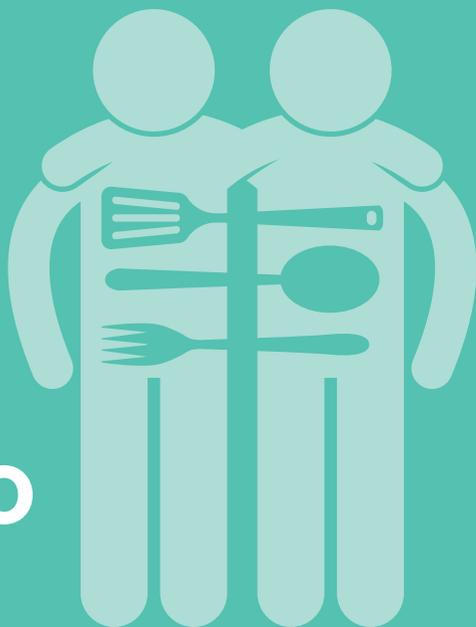
Quick Tips

Getting enough to drink

We all need fluid to help the body carry out its normal functions, so it is really important that we all remember to drink regularly, even if we don't feel thirsty. We don't want our body to be using or losing more fluid than it is receiving as this can lead to health issues.

It particularly matters as we get older, as we tend not to get thirsty as quickly as we used to. But this can happen to anyone and although this particularly affects older people these tips will be useful for everyone.

The tips have been brought together with older people and their families and friends who are sharing their experience to help other people. We hope they are also useful for volunteers and staff who support people.



Our main message

There are many ways to increase the amount of fluid your body gets. Find what works for you, or for the people you care about.

It is important to remember that water and drinking isn't the only option as many foods can give you fluid too.

When you don't like plain water

- Try adding a little squash or fresh juice like cranberry. Watch the sugar content though as it can be quite high in some squash and fresh juices.
- You could also try adding some fruit. Berries, lemons, and limes are a great addition to water for flavour.
- Cucumber and mint will also give water a different taste.
- To really mix things up, try coconut water either on its own or with some fruit.
- Flavoured water is also an option, you can buy both still and sparkling options.
- Buy a refillable water bottle and keep it next to your bed or chair so it is always handy
- Offer still or sparkling water, sometimes choice can stimulate conversation about drinking
- Soda water added to squash is a nice change from a still drink

Consider both savoury and sweet flavours

- Consider both savoury and sweet flavours. Broths and soups are a great source of fluids.
- If you have a sweet tooth, ice lollies, milkshakes and smoothies may suit your tastes more.

When the drink temperature isn't right

- Experiment with different serving temperatures to make your drink more appealing. Each person is different in how hot or cold they like their water, tea of any other drink.
- Offer more milk to cool down tea and coffee.
- Try insulated mugs to keep drinks warm for longer.

Try different types of glasses, mugs and more

- Someone with poorer sight might be able to see an opaque, brightly coloured cup more easily or a cup with a contrasting coloured rim, and therefore drink from it more often.

- Drinks may be more appealing when they are served in a pretty glass or with garnish. For example, try serving a smoothie in a tall glass with a piece of fresh fruit on the rim.
- Some people have difficulty holding a cup due to conditions such as muscle weakness, tremors or arthritis. You can try cups with two handles, a no-spill lid, a built-in straw, or ergonomic features that help prevent spills.
- Don't fill the cup too full as it may feel too heavy and put people off lifting it for the fear of spilling it.
- Position the cup in a place where the person will see it and it is easy to reach.

Other tips to encourage someone to drink

- Have a drink together. If you are drinking it will encourage the other person to be drinking too.
- Leave notes as reminders.
- Liquid comes in many forms so vary what you offer: try different teas, milky drinks or Bovril.
- Make a pot of coffee as the smell can stimulate thirst.

Food can be hydrating too

While water is the go-to for most people, keep in mind that drinks are not the only source of fluids.

- Raw vegetables can give you lots of fluid. For example, a small plate of vegetables, like celery sticks, cucumber slices, cherry tomatoes and bell pepper slices served with a dressing, or hummus for dipping, can be a nutrition- and fluid-filled snack.
- Many fruits contain large amounts of water. These include grapes, melon, peaches, grapefruit, apples, oranges and blueberries.
- Try adding a cup of fresh berries to yogurt, cereal or dessert, or add slices of tomato and a few leaves of lettuce to wraps and sandwiches. These may not seem like a good source of fluids, but every little bit adds up.

Try to stay away from caffeine, sugary drinks, and alcohol. Too much coffee, fizzy juice or alcohol can result in you losing more fluid than normal as they act more like a diuretic as we tend to need to go to the toilet more often when we drink them.

Medication. Some medications (like diuretics) can make you lose fluid even faster than normal. Stay mindful of the medications you are taking so you can increase your normal fluid intake if necessary.



Food Buddies Quick Tips

Food Buddies develops practical help for older people, people living with dementia and other people who sometimes have problems around food. We are trying to make life easier for people, staying safe and continuing to shop, cook and enjoy food.

Thank you to all the people who shared their experiences and contributed to these tips.

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Food Buddies is a project based at Outside the Box.

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For further information about Food Buddies, more tips and other useful sources of information, visit our website: www.otbds.org/projects/food-buddies