

HOME OF HYDRATION

Consistent prompts to reach for a glass or cup can help your residents to stay hydrated.

Display posters and reminders where they will be clearly seen.

IN THE DAY ROOM

Enable residents to reach for a cuppa and a hydrating snack at any time of day.

IN THE TOILETS

Encourage your residents to replace lost fluids.

IN THE CORRIDORS

Both downstairs between living spaces and upstairs between rooms.

IN THE DINING ROOM

Mealtimes are the best opportunity for hydration through food and drinks.



Resident wellbeing in action

