

# SUMMER HYDRATION

Posted on August 31, 2022



**This summer has been so hot for us all! One of the main concerns for older people in hot weather can be dehydration. Many elderly people often drink less fluids; this can be due to thirst sensations decreasing with age, difficulties accessing drinks and fear of incontinence.**

During my visits around our **Nellsar Homes** this summer I have been pleased to see that our residents have appeared to cope with the heat far better than expected. Our staff have been fantastic with offering plenty of **cooling drinks** and **hydrating foods**.

I have seen plenty of **fruit salads** and even **fluid infused gummy bears** which was a **smart idea from our Nutrition Lead, Katja Day, at Lulworth House Residential Care Home**.

Occasionally we need to '*think outside the box*' on how best to support people's well-being and hydration is a key part of everyone's health.

The fluid infused gummy bears seemed to go down very well with some residents who aren't so keen on drinking.

***Katja commented:***

*"Thirty bears can soak up 200ml of liquid – just over 6ml in each bear! – and after some*

*experiments with different flavours, the rhubarb cordial was the favourite by far. They were really enjoyed by all!"*