



...because health matters!

Nutrition Matters

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Hydration and Seniors

- (1) Water is the most important for seniors. Why?
 - medication more effective
 - necessary with vomiting and diarrhea
 - prevent dehydration
 - combats constipation
- (2) Seniors do not know when they are thirsty. Why?
 - insensitive to thirst signals
 - do not manage their body heat well - heat shock
- (3) Seniors should drink the following amounts of clear fluids each day.
 - 6-8 glasses (urine output + 500 ml per day for fluid balance)
 - rule of thumb:
 - 30 ml/kg body weight per day <75 yrs.
 - 25 ml/kg body weight per day >75 yrs.
 - watch high humidity >26°C
- (4) Coffee and tea are not good examples of clear fluids.
 - avoid caffeine - it causes fluids to leave body
 - decaf tea or coffee - okay
- (5) Good examples of fluids to encourage seniors to drink.
 - diet pop
 - decaf iced tea
 - ice water - thermos
 - hot decaf tea/coffee
 - soda water and lemon juice
 - fruit slushes
 - popsicles
 - lemonade
 - milk
- (6) These are signs that a senior is not getting enough to drink.
 - low urine output
 - dry mouth
 - dizziness/lightheaded
 - colour of urine
 - not sweating - send to hospital
 - fatigue
 - nausea
 - hot/flushed
 - confusion
- (7) Make sure you track or check regularly how much each senior drinks and urinates during hot weather.
 - monitor
 - schedule drink breaks between meals and evening.