

HYDRATION



Adequate hydration is vital for:

- **Skin status;**
 - **Brain functioning;**
 - **Digestion;**
 - **Proper elimination;**
 - **Joint mobility;**
 - **Keeping mucus thin;**
 - **Good urinary tract health.**
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- 1. Look for opportunities to encourage elders to drink. Do not ask them if they are thirsty, just make it available. If given something they like, most elders will drink it.**
 - 2. Find out if each elder prefers cold, Luke warm, or warm liquids, then provide what they are most likely to drink.**

3. For people who do not like water, Crystal Light may be more appealing.
4. Encourage Gatoraide or Pediolite especially if they have had diarrhea or vomiting.
5. Encourage Ensure if they are not eating well or are losing weight. If they will drink Ensures, try to get four a day in them.
6. Give liquids as a part of any activity that is going on.