HYDRATION



Adequate hydration is vital for:

- **Skin status;**
- **Brain functioning;**
- **Digestion;**
- **Proper elimination;**
- **Joint mobility;**
- **Keeping mucus thin;**
- **Good urinary tract health.**

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.**