

QUICK TIPS

Improving Hydration Among People with Dementia

Ensuring proper hydration for individuals with dementia is crucial. Dehydration can worsen cognitive decline and cause serious health issues. Due to memory loss, they may forget to drink or recognize thirst. Caregivers must monitor fluid intake, offering fluids regularly and using strategies like flavored drinks or reminders. Adequate hydration promotes well-being and can enhance cognitive function.

- Regular Monitoring and Keeping Fluids Accessible or Within Reach
- Offer Varied Fluid Options
- Use Straws and Adaptable Drinking Vessels
- Consider Hydration-Rich Foods
- Consistent Schedule, Monitor Urination, Putting Up Interactive Reminders
- Consider Preferences and Promote a Supportive Environment
- Regular Hygiene Practices
- Consider Other Conditions that May Discourage Drinking
- Use Thickening Fluids or Thickeners
- Consistent Monitoring and Collaborative Approach

Reminder: It's best to personalize your approach. Please reach out to us for our ideas and support.

