

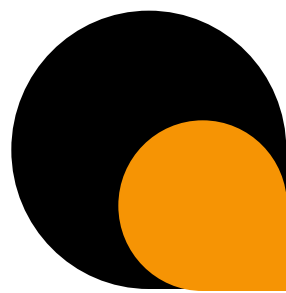
# THE HYDRATION IMPACT ON REDUCING FALLS

Falls in older people are common and unfortunately not all falls in care homes can be prevented. But we can reduce or manage the risks by taking simple steps to focus on the health and well-being of residents. This includes recognising the many reasons why people fall including tackling hydration through education and training.

## WHAT ARE WE MADE OF

**2/3rds** OF THE HUMAN BODY IS WATER

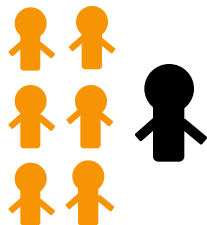
## HOW AGE AFFECTS US



THE THIRST SENSATION DIMINISHES THE OLDER WE GET

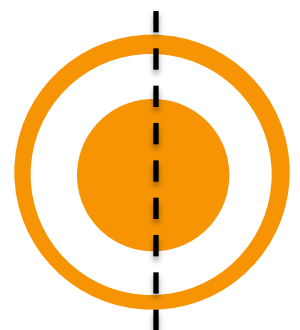
## DEHYDRATION IMPLICATIONS

UTIs, PRESSURE SORES, FALLS, CONFUSION, HEART DISEASE, CHEST INFECTIONS, KIDNEY, GALLSTONES, DIABETES, LOW BLOOD PRESSURE, INCONTINENCE, CONSTIPATION



## THE FALL FACTS

50% OF PEOPLE OLDER THAN 80 FALL AT LEAST ONCE A YEAR\*1



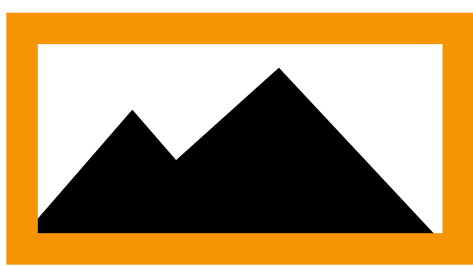
## THE FINANCIAL COST

**£2.3** ESTIMATED COST OF FALLS TO THE NHS\*1 Billion/year

## DEHYDRATION IS A KEY ISSUE



700 DEATHS IN 5 YEARS IN CARE HOMES DUE TO DEHYDRATION ALMOST 2 PER WEEK\*2



## 9 STEPS TO THE HYDRATION CARE CONCEPT

1. Make drinks available - everywhere, at any time, at the right temperature

2. Mix up the type of drinks - water, juices, concentrates, smoothies...

3. Give help & support while drinking if required - offer a drink rather than asking!

4. Create drinking pleasure - it helps swallowing & makes mouths feel pleasant

5. Provide social interaction - drinking with others is part of everyday life

6. Ensure toileting access or support is readily available to remove resident's concerns

7. Encourage understanding of the importance of having a regular drink

8. Remind people to drink - those with cognitive impairment can forget

9. Make time - reassure an individual that carers & staff have time to help them drink



Time spent preventing inadequate hydration



Less time dealing with associated problems



## THE DIFFERENCE HYDRATION CAN MAKE

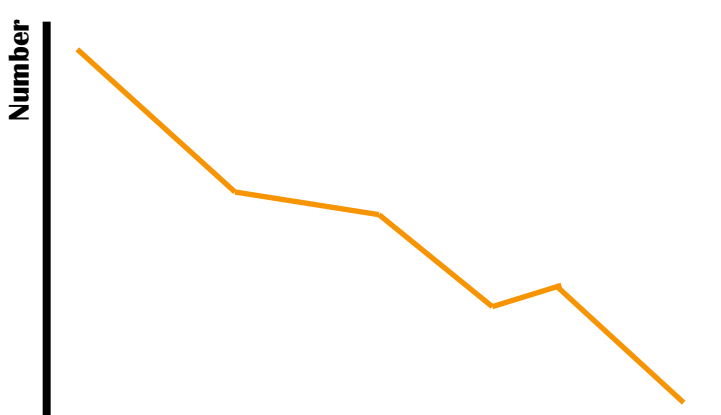
After a hydration regime was introduced in one care home, anecdotal evidence reported\*3...

50% REDUCTION IN FALLS



50%

REDUCTION IN NO. OF RESIDENTS HAVING TO TAKE LAXATIVES



DECREASE IN GP CALL-OUTS AND URINARY INFECTIONS

\*1 Nice Guideline - Falls in older people  
\*2 NACC Presentation on website - 'Dehydration can kill'  
\*3 Anglian Water Health on Tap Campaign (Anglian Water, 2008)