

5 Tips

To Prevent Dehydration

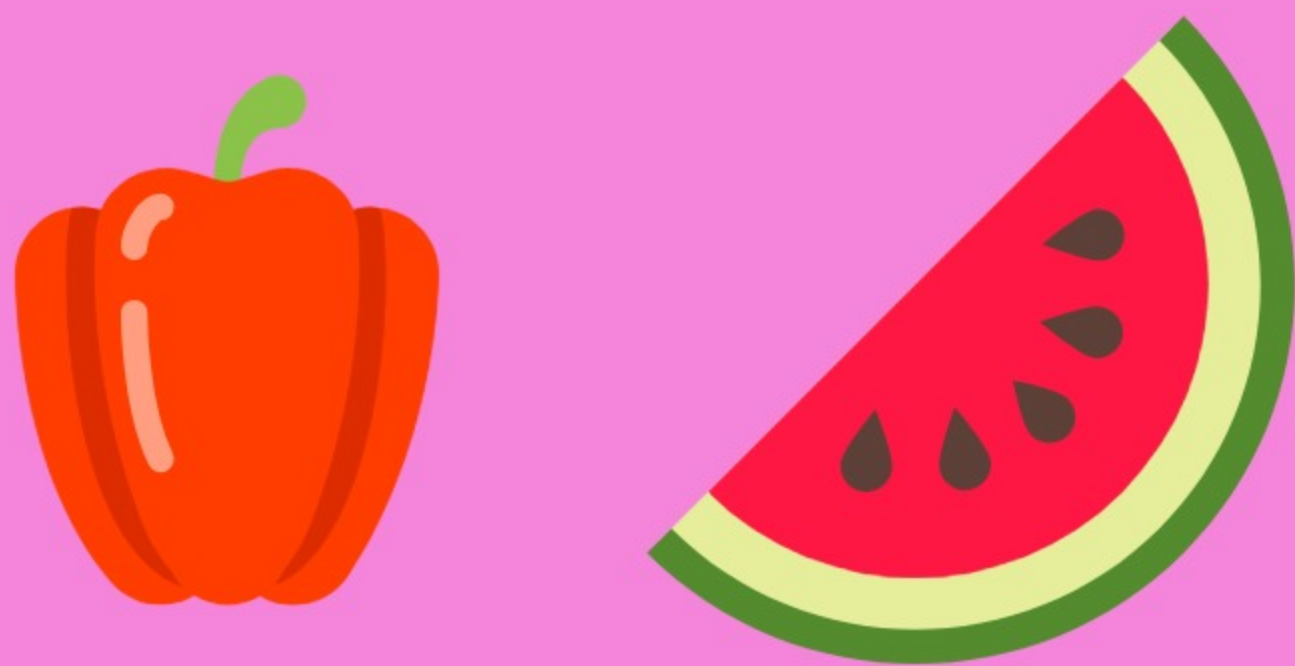
1



Offer Fluids

Have fluids readily available for resident to access. Provide fluids that resident enjoys to encourage intake.

2



Offer Water-Dense Foods

Encourage residents to eat fruits and vegetables.

3



Assist Resident with Eating

If resident has difficulty with motor skills or lacks ability to feed themselves, provide assistance to ensure that they are getting adequate food and drinks.

4



Maintain Swallowing Precautions

Communicate with nurse any difficulty you notice resident is having with swallowing food or liquids.

If diet requires thickened liquids, ensure that resident has them readily available.

5



Notify Your Nurse

If your resident has decreased urine output. For incontinent residents, notify the nurse if the number of changes decreases.