

Drinking Well with Memory Issues

Staying well hydrated is important for maintaining good health and not drinking enough can make the symptoms of memory issues worse. The advice in this resource can help you to support someone with memory issues to drink well.

How Much is Enough?

In general everyone should aim to drink around 1600-2000ml (3-3.5 pints) of fluid per day.

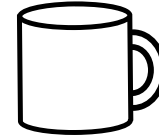
Many things can influence how much we need to drink such as body size, temperature or illness.

Feeling thirsty is often a good sign that someone needs a drink but this sensation can be reduced for people with memory issues so it's important to be on the look out for the signs of dehydration.

2000ml (3.5 pints) is equal to...



Teacup (150ml)
~13 cups/day



Mug (250ml)
8 mugs/day



Glass (200ml)
10 glasses/day

Dehydration can be difficult to spot. Look out for...

Increased
confusion or
irritability

Dizziness/Falls

Dark coloured
urine

UTI's and/or
Constipation

Poor skin health
or pressure sores

Top Tips

- Make sure drinks are always available and within reach
- Use prompts like notes on the fridge or alarms as reminders to drink
- Avoid overfilling the cup as this can make it difficult to lift
- Try different kinds or different flavours of drinks
- Make it social - sharing a drink with someone can encourage someone to keep drinking
- Offer hydrating foods or snacks along side drinks (see the next page for details)
- Watch out for signs of swallowing difficulties (e.g. coughing or drooling when drinking) and contact their GP if needed

Eating Well

Memory issues can make it difficult to eat well. Check out our Eating Well with Memory Issues factsheets for tips to help make it easier to get enough to eat.

What Counts?

All fluids count towards our total fluid intake except alcohol

Try

- Water
- Diluting juice
- Milk
- Fruit juice
- Tea/coffee
- Hot chocolate

Food also counts towards our total fluid intake. Look on the next page for some hydrating food ideas



For more information visit

www.thefoodtrain.co.uk/eat-well-age-well



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Hydrating Foods

Foods with a higher water content all count towards total fluid intake and can be useful if someone finds it difficult to drink.

Try including

- Soups
- Stews
- Sauces
- Jelly
- Ice lollies
- Ice cream
- Fruit
- Vegetables

Give rather than offer

Instead of asking directly if someone would like a drink it can be easier to encourage drinking by giving them a drink.

Try "I've made you a cuppa" instead of "What would you like to drink?"



Dental Health

Sweeter drinks can sometimes be more palatable for people with memory issue but can lead to cavities and toothache

Good dental hygiene, drinking through a straw and choosing low/no added sugar options can help avoid this

Choosing the Best Cup

Finding the right cup can make it much easier for a person to drink well. There are lots of different cups to try such as;

- A brightly coloured cup to draw attention
- A clear cup to show what is in the cup
- A no spill cup or a cup with two handles and/or a lid
- A cup with a straw
- Lightweight cups
- Insulated mugs to keep hot drinks warm
- Angled cups to allow drinking without tilting the head back

Hydrating Snack

Fruit salad cups - use a mix of fruits to add variety

Hydrating Snack

Cucumber or celery sticks and hummus or cream cheese

Hydrating Snack

Soup shots - serve smaller portions of a favourite soup

Hydrating Snack

Yogurt with fruit - add extra fruit such as melon or mango

What Support is Available?

Eat Well Age Well Advice Line - A dietitian managed telephone advice line that offers free advice about any dietary concerns you may have. Open Mondays, Wednesdays and Thursdays 9am - 4pm. Call 0131 447 8151.

Eat Well Age Well Resources - Information on eating and drinking well to prevent malnutrition and dehydration
www.thefoodtrain.co.uk/eat-well-age-well/resources/other-resources/

Food Train - Offers a grocery delivery service, befriending services and much more. Visit www.thefoodtrain.co.uk for more information

Berry Smoothie

Ingredients

80g frozen berry mix (available in most supermarkets)
150ml apple juice or milk (depending on preference)

Method

Place all ingredients in a blender and blend until smooth
Add more berry mix for a thicker smoothie



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