

HYDRATION TIPS

FOR ELDERLY PEOPLE



DO HYDRATION NEEDS CHANGE AS WE GET OLDER?

	Daily adequate water intake ¹	
	Males	Females
>19 years	2.5 L / day	2.0 L / day

The hydration needs of elderly people are similar to those of other adults, but age-related changes and certain medications can lead to an increased risk of dehydration which can cause serious problems in older adults. Ensuring adequate water intake is therefore vital.

Water in the diet comes from many sources and offering a variety of these can help to ensure adequate intakes¹:



20-30% typically comes from food^{1,2}

For example: soups, and fresh fruits and vegetables contain **70-95%** water, yoghurts **75-85%**, pasta **75-85%**, fish and seafood **60-80%**.

70-80% typically comes from beverages (all types, not just plain water)^{1,2}

For example: juices, soft drinks, milk, coffee and tea contain 80% to nearly 100% water.

HOW TO ENSURE PROPER HYDRATION OF THE ELDERLY

- A hydration programme should include advice on drinking, offering drinks at mealtime and in between meals. Fluids should be readily available and physically accessible both day and night.
- Environmental temperatures inside should be moderate. In hot environments, it is recommended that intake of liquids be increased by 250 mL for each degree centigrade over 37°C.
- Carers should be familiar with dietary changes so that appropriate hydration recommendations can be made.
- Increasing the intake of foods with a high content of water, such as soups or fruit and vegetables, which typically contain 80-90% water, can help to maintain an adequate water intake as well as being good sources of essential nutrients.
- Varying flavours and even colours can improve palatability of beverages offered and can help facilitate adequate hydration.
- Strong (distilled) alcoholic beverages may provoke dehydration and are not recommended.

To know more about the sources of water, please visit us at:

http://www.europeanhydrationinstitute.org/nutrition_and_beverages.html

1. EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. EFSA Journal 2010; 8(3):1459. Available online: <http://www.efsa.europa.eu/en/efsajournal/pub/1459.htm>

2. Manz F, Johner SA, Wentz A, Boeing H, Remer T. Water balance throughout the adult lifespan in a German population. Br J Nutr 2011; 1-9 [Epub ahead of print].