

**1-hour Hydration Training**

**[Participant name]**

working at **[care home name]**

attended training on **drinking, fluid intake and dehydration** on

**[date: day, month, year].**

[signature of trainer]

*Trainer: [trainer name and qualifications here]*

**These are the great tips you came up with to support your residents to drink well:**

* Carer sits and shares a drink with a resident, both have a drink, time for a quiet chat.

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* Ensure every resident is offered a hot drink when they wake and before personal care (can make personal care faster and more efficient).
* Make sure every resident is offered fruit juice and 2 cups of tea or coffee at breakfast.

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* Consider introducing 2 drinks rounds in the morning (10am and 11:30?).
* Ensure residents drink a good glass of water, juice or milk with medications (unless contraindicated – check instructions for each medication).

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* Offer drinks regularly throughout the day, especially earlier in the day.
* Ensure drinks rounds are not missed and that all residents are served drinks at each round.

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* Know and serve what your residents like, the way they like it.
* Ensure there is a variety of drinks from which residents can choose.

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* Improve support for residents who need help with the toilet.

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