

Hydration Tips for Seniors



Did you know that as an older adult you are more at risk for dehydration during the summer?

Important Facts: Dehydration and Older Adults

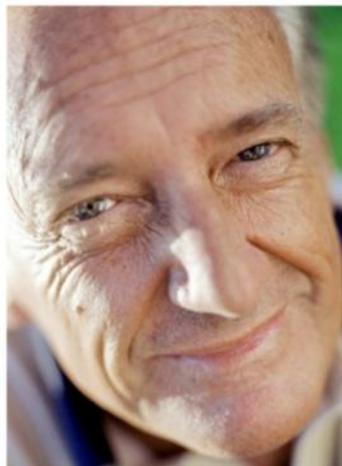
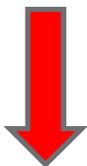
As we get older we:

- Have less water in our body, so we get dehydrated faster.
- Experience a lower desire to drink. We may not get our body's signal to replace the water our body is losing through perspiration and activity.
- May be taking medications that make us lose water.

Hydration: Finding the Right Balance

You may be dehydrated if you experience some of these symptoms:

- Dry mouth or throat
- Headache
- Irritability
- Lightheaded / dizziness
- Boredom or disinterest
- Fatigue
- Dry mucous membranes
- Decreased or concentrated (dark-coloured) urine
- Decreased tears



Seniors have a higher risk of dehydration. Younger people have 60% to 70% water content in their bodies, while seniors only have 50% to 60% or less.



Signs of being properly hydrated:

- You don't feel thirsty
- You urinate frequently through the day
- What colour is your urine? If you're drinking enough water, your urine should be almost clear or light yellow in colour (like lemonade).

Eight Smart Tips for Hydration

1.  **STOP** frequently throughout your day to drink a glass of water.
2. The recommended intake of fluids or water every day is 8 full glasses a day.
3. Drink a glass or two of water as soon as you get up in the morning.
4. Add extra flavour (for example, lemon, lime or cucumber slices) to your water.
5. Eat fruits that contain a lot of water, such as watermelon.
6. Try to remain cool in heat waves or heat alerts. Stay in air conditioned spaces or go to cooling centres.
7. Wear a hat outside to reduce exposure to the sun.
8. Call or visit at-risk family, friends or neighbours, especially seniors living alone, to make sure they are drinking plenty of fluids and keeping cool.

Speak to your healthcare provider if you have concerns about your health or risk of dehydration.