



Improving your hydration: Top tips for older people



Aim for 6-8 drinks each day (a minimum of 1.5 litres). Include a range of drinks, e.g. coffee, fruit juice and smoothies – all non-alcoholic fluids count



Drink your favourite drinks little and often - every sip counts



Have fluid available to drink at all times, including when you are travelling



Having water bottles / jugs to hand can act as a visual reminder for you to drink

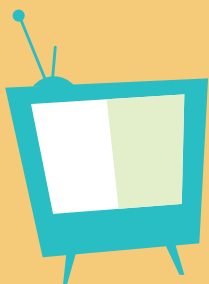


Have a full glass of fluid with your medications

Make sure water is fresh and looks inviting, e.g. adding slices of lemon or ice cubes



Use the start or end of favourite TV programmes as triggers / reminders for a drink. Electronic or digital alarms / reminders may also help



Including more fluid-rich foods e.g. soups, tinned fruit in juice and adding sauces to meals, can help increase your fluid intake

