Water for well being

Guidance recommends adults (51yrs+) drink at least 1.5 - 2.5 litres (2.5 - 4 pints) of fluid a day including at least 4 glasses of water. It is estimated many older people do not drink anywhere near this amount. Adverse effects of dehydration include: dizziness, headaches, constipation, confusion, increased risk of urinary tract infections, poor skin tissue viability and healing, low blood pressure or Postural Hypotension which may lead to falls.

Project leader: Carolyn Lindsay - Specialist Health Visitor
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Project aim: To increase hydration levels amongst older people living in the community in Solihull

Project outputs:
- ‘Water for wellbeing’ information booklet (below left)
- Water bottle
- Bookmark with hints and tips and urine colour tool to check urine concentration as an indicator of hydration status (below right)

Project outcomes:
Focus group of older people who helped shape the project and develop resources:
Three targeted groups: Group 1: weekly drop in club; Group 2: weekly exercise group; Group 3: volunteers at AgeUK Solihull
- Group 1 reported an increase in water consumption and 67% had reduced the amount of caffeinated drinks
- Group 2 69% were drinking more water, 45% had increased by 2 glasses a day and 22% by up to 4 glasses a day
- Group 3 reported other health benefits including sleeping better, better appetite, reduced constipation, smoother clear skin, ‘clearer head’, having more energy and feeling less tired.

I didn’t know tea and coffee contained caffeine or how it affects the body.’
(a view expressed by many)

I didn’t realise how important water and fluids are for good health.’

I will tell my friends and family what I have learnt and spread the word.’