

# DEHYDRATION IN SENIORS

## SYMPTOMS OF DEHYDRATION:

- Thirst
- Dry Mouth
- Dry Eyes
- Headache
- Loss of Appetite
- Dry Skin
- Dark colored Urine or low urine output
- Fatigue or weakness
- Chills, Dizziness, Irritability or agitation, Confusion
- Low Blood Pressure

## Dehydration is one of the nation's most frequent reasons for hospitalization.

### SENIORS ARE ESPECIALLY VULNERABLE TO DEHYDRATION BECAUSE:

- ◆ Older adults bodies don't conserve water as well
- ◆ The body loses water with age
- ◆ The body's sense of thirst lessens with age
- ◆ Seniors are less able to respond to temperature changes
- ◆ Seniors who live alone may eat less or may forget to eat or drink
- ◆ Disability or neglect may prevent seniors from accessing adequate liquids

### WHAT CAN HOME HEALTH DO AS A PARTNER AT HOME?

- ◆ Nutritional Support and hydration monitoring
- ◆ Management and evaluation of patient care plan
- ◆ Patient and family education of disease process
  - ◆ Observation and assessment of condition
    - ◆ Diabetic Care
    - ◆ IV Therapy
  - ◆ Enteral and Parenteral nutrition
- ◆ Medication education and management
- ◆ Home safety and emergency education

