

Water for wellbeing

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:

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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.’