





ROC to Drink Assessment Tool (ROC - Reliance On a Carer)





To assess how much support a person needs to drink from a carer and highlighting their potential risk of dehydration.







- Use the ROC descriptions to assess the level of support needed to drink.
- Complete on admission and review according to individual needs e.g. weekly, monthly or if needs change
- See Care Plan Summary overleaf

ROC descriptions 	ROC - Low Basic support needed	ROC - Medium Some additional support needed	ROC - High Full 1:1 support needed
Swallow 	No reported or identified problems with swallowing	Has prescribed thickener added to drinks and or identified swallow problem	Has prescribed thickener added to drinks and needs 1:1 specific support with swallow
Assistance from a carer to drink 	No assistance needed can independently and safely access a drink within arms reach and lift and hold it without risk of spillage	Needs some assistance with their drink to help maintain maximum independence or reduce risk of spillage	Needs 1:1 full assistance to safely hold any drinks container up to their mouth and/or makes no attempt to reach or hold drink
Encouragement from a carer to drink 	Drinks ¾ or more of daily routine drinks without any need for encouragement or reminder to maintain a good daily fluid intake	Drinks ½ a cup or less of daily routine drinks Needs regular encouragement or reminder to try and increase their daily fluid intake	Drinks a few sips and then will decline any more Needs frequent and gentle encouragement 'little and often' to try and increase their daily fluid intake

Put a 'X' in either green, amber or red box to indicate the level of support needed








		DATE			DATE			DATE			DATE			DATE		
		TIME			TIME			TIME			TIME			TIME		
ROC to Drink and Potential Risk of Dehydration		Low	Med	High	Low	Med	High	Low	Med	High	Low	Med	High	Low	Med	High
 Swallow 																
Assistance to hold a cup 																
Encouragement to drink 																
ROC to drink rating: circle the traffic light box to indicate whichever of the above has the highest colour rating, highlighting • highest level of support to drink • highest risk of dehydration • colour of visual prompt		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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		DATE			DATE			DATE			DATE			DATE		
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ROC to Drink and Potential Risk of Dehydration		Low	Med	High	Low	Med	High	Low	Med	High	Low	Med	High	Low	Med	High
 Swallow 																
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		INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL	INITIAL

ROC to Drink - Reliance On a Carer Care Plan Summary



This is a guide - **remember to always** check the person's own care plan for individual requirements

 Support to swallow	If person requires any support with swallow, always refer to individual care plan for details of prescribed thickener
ROC - Low (basic support needed)	
Assist to drink 	“Can independently and safely access a drink within arm’s reach and lift and hold it without risk of spillage”
Timely continence support is an essential part of hydration care, always check the call bell is within easy reach and / or offer support as needed	<ol style="list-style-type: none"> 1. Introduce yourself and gain appropriate consent 2. Ensure appropriate assistance is given to sit up; if required 3. Ensure the table is always below chest height and within comfortable reach 4. Ensure the preferred drink of choice is provided 5. Ensure the correct cup, mug or drinking equipment of choice is provided 6. For all hot drinks remind the individual it is hot 7. If there is a known blind or weak side, always place the drink on the other side 8. Ensure the drink is left within arm’s reach and it can be safely reached
Encourage to drink 	“Drinks ¾ or more of daily routine drinks without any need for encouragement or reminding to maintain their daily fluid intake”
	<ol style="list-style-type: none"> 1. After a few minutes return and check that the drink is to their liking 2. When clearing the cup away monitor how much has been drunk
ROC - Medium (some additional support needed)	
Assist to drink 	“Needs some assistance with their drink to help maintain maximum independence or reduce risk of spillage”
Follow points for green (1 to 8)	<ol style="list-style-type: none"> 1. Extreme caution with hot drinks, if high risk of spillage do not leave the drink within reach until a carer is available to assist 2. Always ask if the temperature is OK before offering any more 3. Encourage maximum independence to lift and hold the drink and ask if they are happy with the level of support provided. Only leave if safe to do so 4. Ensure enough time is given between sips to allow a person to ‘catch their breath’ and be given an opportunity to rest or socialise as needed 5. If appropriate and when at all possible, sit down to give assistance
Encourage to drink 	“Drinks ½ a cup or less of daily routine drinks and needs regular encouragement or reminder to try and increase their daily fluid intake”
Follow points for green (1 to 2)	<ol style="list-style-type: none"> 1. Regularly return approx. 2 to 4 times and offer gentle encouragement or reminder to have some more to drink 2. Do not persist in ‘encouraging’ if the person has made it clear they do not wish to drink anymore. Wherever possible try to establish the reason why and take action if needed 3. Throughout the day and if awake at night, regularly prompt extra sips of hot or cold drinks in addition to daily routine drinks
ROC - High (full 1:1 of support needed)	
Assist to drink 	Needs 1:1 full assistance to safely hold any drinks container up to their mouth and/or makes no attempt to reach or hold drink
Follow green (1 to 7) amber (1 to 5)	<ol style="list-style-type: none"> 1. Ensure allocated carer has protected time to provide full assistance with all drinks
Encourage to drink 	“Drinks a few sips and then will decline any more. Needs frequent and gentle encouragement ‘little and often’ to try and increase their daily fluid intake”
	<ol style="list-style-type: none"> 1. Offer sips ‘little and often’ at least 1 to 2 hourly or more frequently if appropriate, ensuring at all times the best interest of the individual 2. Follow points from amber (2 to 3)