

Grandad's Story Video Transcript

Characters:

- Fred
- Deepa (Fred's carer)
- Narrator (Fred's grand-daughter)

Introduction

Narrator:

"Let me tell you about my Grandad. He lives on his own now. My mum and I don't live very close to him and I don't get to visit as often as we'd like. But we do what we can to help, like arranging his shopping online. He has carers three times a week to check up on him and help him get bathed. The other day he was sitting at home, drinking lemonade - his favourite..."

Scene 1: Monday morning

(Animation shows an older gentleman (Fred) sitting on his armchair in front room, smiling, and drinking a glass of lemonade, Carer (Deepa) enters the room).

Deepa: "Good morning Fred, how are you today?"

Fred: "Hello Deepa. I'm very well thanks."

Deepa: "Right, before I help you freshen up, would you like a drink?"

Fred: "A cup of tea would be great actually, yeah. Sorry Deepa, there's not much milk. I'm expecting some groceries later."

Scene 2: Tuesday evening

(Animation shows Fred sitting in his armchair, as morning turns to afternoon to evening).

Narrator: "Grandad waited all afternoon, but his shopping delivery still didn't arrive. He doesn't hear well, so he didn't want to call the supermarket or my mum. He'd run out of milk, and didn't have any of the drinks he likes. He'd only had a few sips of water with his tablets and eaten a little since Monday morning."

(Animation showing Fred looking confused, looking through his cupboards, looking sadly into the fridge. Finding the hot chocolate).

"Grandad found some instant hot chocolate, but somehow his kettle had stopped working."

(Animation showing Fred making a couple of attempts at using the kettle, then gives up)

"Poor grandad tripped up on his way to the loo. He had an accident and didn't have the energy to clean himself up."

(Animation shows what is happening. Grandad trips over piles of loo roll).

Grandad's Story was produced in April 2020 and is part of Wessex AHSN's Hydration at Home Toolkit. To access the video, please visit: <https://wessexahsn.org.uk/videos/show/363>. For more information about the Toolkit, please visit: <https://wessexahsn.org.uk/projects/354/hydration-at-home-toolkit>

Scene 3: Wednesday morning

(Animation shows Fred sitting on his armchair in front room. He looks sad / low in mood. He has no drink this time. There is an empty bottle of lemonade on the side table).

Narrator: “The next morning Deepa called round again. She noticed Grandad’s low mood and could smell the stale urine. He told her all about the missed delivery and the kettle, and eventually opened up about the accident too.”

Deepa: “Right, I’m going to do my best to help you sort things out. First off, let me get you a drink”

Fred: “I’ve not drunk much, but I don’t feel thirsty”

(Animation shows Deepa coming back in the room with a cup of tea and a Thermos flask of tea).

Deepa: “Right, I’ve been next door, and have made some tea. Your neighbour has also made a flask of tea for later. It sounds like you’re getting dehydrated and we need to get you some more fluids as a priority. When we get older, we don’t always feel thirsty when we’re getting dry. Right, let’s go get you freshened up”

(Animation shows Deepa tidying up the clutter from the stairs. The phone rings and Deepa takes the call).

Deepa: “That was your daughter on the phone. She’s rescheduled your delivery, and she’s also ordered you a brand new kettle! It’s really important that you drink plenty to keep yourself well hydrated and stop yourself from feeling weak – aim for 8 drinks a day – your tea and lemonade count. I’ll see you in a couple of days and hopefully you’ll be feeling better.”

Narrator: “He did feel better, and told me all about it over a couple of lemonades”.

Scene 5: Close

Final slide with the following key messages, which **narrator** speaks:

- You cannot rely on just one sign or symptom to tell if someone is becoming dehydrated. Knowing what a person is normally like and seeing some of these changes in them may indicate they’re becoming dehydrated
- Drinking very little can quickly cause problems in older people, particularly as they often don’t feel thirsty when they are becoming dehydrated
- It doesn’t take much for several things to go wrong at once and cause problems, as my Grandad’s Story has shown
- Addressing hydration needs in a person-centred way is key

To find out more, please visit the Wessex AHSN website: <https://wessexahsn.org.uk/hydration-at-home>

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