

# Hydration at Home Toolkit: Guide

This guide has been put together to give you information about the contents of the new Hydration at Home Toolkit, how to access it, why you should use it, and how it was developed and tested.

## *What is the Hydration at Home Toolkit?*

The Hydration at Home Toolkit is a toolkit of resources that has been developed in collaboration with Hampshire County Council with the aim of improving hydration in older people in the community, and skilling up carers to support the older people they care for. All resources are available free of charge, and we would love them to be used widely. We have produced a 3 ½ minute video showcasing the new toolkit, which is available to view here: <https://wessexahsn.org.uk/videos/show/370>.

## *What is included in the Hydration at Home toolkit?*

- **Basic E-learning hydration training module**
  - ✓ Split into 3 sections with the following objectives: 1) Define good and poor hydration and explain their impact; 2) Be able to assess a person's hydration needs to minimise the risk of poor hydration; 3) Address a person's hydration needs to improve their health and wellbeing
  - ✓ Includes an assessment to test your knowledge, and access a certificate
  - ✓ Takes around 45 minutes to complete
  - ✓ Can be accessed via computer, laptop, tablet or smartphone
  - ✓ Whilst specifically designed for community carers, the messages are relevant to all carers, including those working in acute care settings
- **Grandad's Story video**
  - ✓ Told from the perspective of his grand-daughter, this video animation shows how easy it is for someone to become dehydrated, and how his carer acted to help support him
  - ✓ Grandad's Story is available with and without subtitles
  - ✓ The version with subtitles is ideal for showing in GP practice waiting rooms or for people who with a hearing impairment
- **Public health resources**
  - ✓ Aimed at the general public, these colourfully designed resources are ideal to give out to older people and their families to help raise awareness of good hydration and simple tips for improving hydration
  - ✓ The 'Staying hydrated as we get older: advice and guidance for people over 65, their family, friends and carers' leaflet is available in tri-fold format (prints on A4 double-sided) or as a larger print A4 format (prints over 3 pages)
  - ✓ Hydration 'top tips' poster (available to print in A4 or A3)
- **Links to recommended resources** - maps a series of recommended resources from different organisations to each of the sections/objectives within the e-learning hydration training module



## *Why should you use the Hydration at Home Toolkit?*

- **Community carers (including care homes and domiciliary care)**
  - ✓ Ensures all staff are giving the most up to date hydration messages, identifying dehydration in the right ways and supporting older people in their care to drink more (e.g. using urine colour is not a reliable way of assessing hydration status in older people)

The Hydration at Home Toolkit was published in July 2020 and will be reviewed in 2023

- ✓ The Care Certificate only contains some basic elements of hydration across the age spectrum – it does not tend to cover ageing-specific messages or strategies to support older people to drink more, which is included in our training module
- ✓ The training is flexible and accessible – it can be done at your own pace, on any device and you can dip in and out as required.
- **Carers in acute care settings** – whilst specifically designed for community carers, the messages are relevant to all carers, including those working in acute care settings
- **Volunteer and family carers** – We found that there was no suitable basic-level training available to provide volunteer and family carers with skills in identifying dehydration, and promoting good hydration for those they care for. The hydration training module will give you these skills and confidence. We have kept the language as simple as possible, without complicated medical terms.

### *How can I access the ‘Hydration at Home’ toolkit?*

To access the E-learning hydration module, please go to the Health Education England electronic learning for health (e-lfh) page by visiting: <https://portal.e-lfh.org.uk/> and log in using your username and password if you have one. If not, please follow these steps:

- Click on register
- Enter your email address (preferably a work one)
- Click the best statement in the ‘about you’ section
- If you work in a registered care home, please select ‘I am a care worker or hospice worker’ and then enter the name of your home and your registration code (ask your manager if your home has a code). If you don’t have this, you can select ‘none of the above apply to me’

The other elements of the Toolkit can be accessed from the Wessex AHSN website. The following table shows the direct links to the videos and PDF documents:

Name of resource		Online link
Grandad’s Story video	Without subtitles	<a href="https://wessexahsn.org.uk/videos/show/362">https://wessexahsn.org.uk/videos/show/362</a>
	With subtitles	<a href="https://wessexahsn.org.uk/videos/show/363">https://wessexahsn.org.uk/videos/show/363</a>
Staying hydrated as we get older – public health leaflet	Trifold leaflet	<a href="https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf">https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf</a>
	A4 large-print leaflet	<a href="https://wessexahsn.org.uk/img/projects/HydrationLeafletA4Version.pdf">https://wessexahsn.org.uk/img/projects/HydrationLeafletA4Version.pdf</a>
Hydration ‘top tips’ poster (A4)	A4 version	<a href="https://wessexahsn.org.uk/img/projects/HydrationPoster-1584451329.pdf">https://wessexahsn.org.uk/img/projects/HydrationPoster-1584451329.pdf</a>
	A3 version	<a href="https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf">https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf</a>
Links to recommended resources		<a href="https://wessexahsn.org.uk/img/projects/Links%20to%20recommended%20resources-1588683074.pdf">https://wessexahsn.org.uk/img/projects/Links%20to%20recommended%20resources-1588683074.pdf</a>

### *How was the toolkit developed and tested?*

The content was developed using the latest evidence-based messages. Two care homes and one volunteer tested out the E-learning module, which was honed further from their feedback. Our public health resources were tested with 40 older people at lunch and activity clubs. We have completed an evaluation report on the scoping, development and testing of the toolkit, which can be accessed here:

### *For more information*

Please email the Wessex AHSN Healthy Ageing team for more information about the toolkit or any of our other nutrition and hydration work: [healthyageing@wessexahsn.net](mailto:healthyageing@wessexahsn.net)

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