



Hampshire
County Council



Hampshire
County Council

www.hants.gov.uk

Hydration in domiciliary care

Kat Buttriss, District Service Manager

Wendy Todd, Team Manager

Laura Sharman, APEX Care

Reasons for including domiciliary care in the process

- We know it's had fantastic results in our in house provision
- Marginal increases can hugely improve the possibility of people remaining in their own homes
- We aren't expecting the same sort of results or data

What we know about people in their own homes

- They often live alone with no support network
- They may not drink in case they fall at night
- They may forget to drink or struggle to make drinks
- They may think of hot drinks as fluid, not other sources such as ice lollies and food
- Even with care in place, they may be alone for long periods of time

How care is arranged

- Social workers assess for care and support
- Brokerage arrange the provider visits
- These are not time specific and can be very task orientated
- Carers can have a lot to do including recording what they've done
- Not everyone has visits throughout the day

What the new process will entail

- Carers from APEX care will work with a small geographical area
- They have received training in what we are hoping to achieve and how they will do this
- Individuals receiving care will need to consent
- Forms will be completed by the carers about what drinks they have provided and how the individual feels

How we collect information

- This feasibility project is to assess whether staff training can enable Domiciliary care providers to support individuals under their care to stay hydrated. The study will assess the feasibility of different tools such as the Reliance on Carer (ROC) to drink tool, a drinks diary and a 'Droplet' mug.
- Apex Care will collect routinely collected data through case notes and assessments on number of falls, UTI's & antibiotic use for UTI's, hospital admissions and ambulance call outs.

Outcomes

- What we hope to achieve and roll out if successful
- Focus groups will be held with Apex Care staff to assess their opinion on the feasibility of the project.

Evaluation

- The benefit to the individual may be improved health outcomes and reduction of medical need. Individuals may be able to live more independently and in their own homes for longer.
- This is not a widely researched topic and warrants further investigation. This project will build on the limited national evidence base on the potential benefits of hydration. Sharing the knowledge could then prevent the costs medical and social care needs associated with dehydration.