

Hydration at Home Toolkit: Links to recommended resources

Section 1 Resources *(learning objective: define good and poor hydration and explain their impact)*

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Staying hydrated during self-isolation Poster Suite	Poster	Poster highlighting some of the risks of dehydration	West Hampshire CCG	https://wessexahsn.org.uk/img/projects/Risks%20of%20Dehydration%20Poster.png
	Poster	Poster on how much to drink each day		https://wessexahsn.org.uk/img/projects/6-8%20drinks%20Poster.png
	Poster	Poster showing the importance of drinking little and often		https://wessexahsn.org.uk/img/projects/Drink%20little%20and%20often%20Poster.png
	Poster	Poster showing the importance of asking for drinks regularly		https://wessexahsn.org.uk/img/projects/Call%20for%20a%20cuppa%20Poster.png
Dehydration: Possible signs	Poster	Poster showing the possible signs of dehydration	Kent Surrey Sussex AHSN	https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/Poster%202.pdf
The importance of drinking	2-page handout	Taken from DrinkKit 'making drinking fun activities & engagement toolkit', covering the importance of drinking, preventing constipation and why older people become dehydrated easily *	University of East Anglia	https://wessexahsn.org.uk/img/projects/DrinkKit-importance%20of%20drinking.pdf
Volumes of cups	Poster / 1-page handout	Taken from DrinkKit 'making drinking fun activities & engagement toolkit', giving a visual view of the volume in a range of typical cups / mugs *	University of East Anglia	https://wessexahsn.org.uk/img/projects/DrinkKit-Fluid%20volumes%20of%20cups.pdf

How many cups are needed?	Poster / 1-page handout	Taken from DrinkIt 'making drinking fun activities & engagement toolkit', showing visually how many cups / mugs of fluid are needed each day *	University of East Anglia	https://wessexahsn.org.uk/img/projects/DrinkIt-how%20many%20cups%20are%20needed.pdf
Improving hydration in care homes	Executive summary	Report on a project to improve hydration and health outcomes in 17 Hampshire County Council owned care homes	Wessex AHSN & Hampshire County Council	https://wessexahsn.org.uk/img/projects/HydrationCareHomesExecSummary.pdf
	Full report			https://wessexahsn.org.uk/img/projects/HydrationCareHomesReport.pdf
Wessex AHSN hydration leaflet	Tri-fold leaflet	Basic accessible information suitable for the general public, family members and carers	Wessex AHSN & Hampshire County Council	https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf
Improving your hydration: Top tips for older people	A4 Poster	Contain top tips for older people	Wessex AHSN	https://wessexahsn.org.uk/img/projects/HydrationPoster.pdf
	A3 Poster			https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf

Section 2 Resources *(learning objective: be able to assess a person's hydration needs to minimise the risk of poor hydration)*

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Grandad's Story	Video	Video showing how easy it is for an older person to become dehydrated, and simple steps his carer took to support him	Wessex AHSN	https://wessexahsn.org.uk/videos/show/362 Version with subtitles – ideal for GP waiting rooms: https://wessexahsn.org.uk/videos/show/363
Good Hydration! Part 2	Video	Spotting the signs of dehydration	Oxford AHSN	https://www.youtube.com/watch?v=N8LaeOGSPjM
Good Hydration! Part 4	Video	Covers hydration in relation to medicines, kidneys and urine	Oxford AHSN	https://www.youtube.com/watch?v=ypQ-cU9XLpk
Dehydration: Possible signs	Poster	Possible signs of dehydration	KSS AHSN	https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/Poster%202.pdf
Good hydration practice	2-page handout	Taken from the Hydrate Toolkit - covering assessment, hydration tips, and when to start a fluid chart	Wessex AHSN, KSS AHSN, NE Hants & Farnham CCG	https://wessexahsn.org.uk/img/projects/Good%20hydration%20practice.pdf
Mouth Care Matters	Guidance, posters and videos	Excellent information about maintaining good mouthcare, including posters and videos	Health Education England	https://mouthcarematters.hee.nhs.uk/links-resources/mouth-care-matters-resources/
ROC Hydration Care Assessment Tool	Assessment tool	Tool which categorises people into green, amber or red to indicate the level of support they require from a carer to stay adequately hydrated. There is a small annual license fee	Hydration Care Consultancy	https://www.hydrationscareconsultancy.co.uk/roc-hydration-care-assessment-tool/
Droplet intelligent hydration kit	Smart cup	Smart base with an interchangeable mug and tumbler. Droplet can be set to beep or say a pre-recorded voice prompt every 20, 40 or 60 minutes to remind someone to drink	Spearmark Ltd	https://www.droplet-hydration.com/

Section 3 Resources *(learning objective: Address a person's hydration needs to improve their health and wellbeing)*

Name of resource	Type of resource	Brief summary	Developed by	Online link
Good Hydration! Part 6	Video	Video about structured drinks rounds in care homes	Oxford AHSN	https://www.youtube.com/watch?v=xZuJwJScgAM
Good Hydration! Part 3	Video	Summary video: Improving hydration	Oxford AHSN	https://www.youtube.com/watch?v=6hZR8DX_Tao
Mouth Care Matters	Guidance, posters and videos	Excellent information about maintaining good mouthcare, including posters and videos	Health Education England	https://mouthcarematters.hee.nhs.uk/links-resources/mouth-care-matters-resources/
A-Z of hydration activities	Double-sided handout	Lots of different ideas for fun and creative activities around hydration, ideal for use in care homes	Wessex AHSN, KSS AHSN, NE Hants & Farnham CCG	https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/A-Z%20of%20Hydration%20Activities.pdf
Good hydration practice	2-page handout	Taken from the Hydrate Toolkit - covering assessment, hydration tips, and when to start a fluid chart	Wessex AHSN, KSS AHSN, NE Hants & Farnham CCG	https://wessexahsn.org.uk/img/projects/Good%20hydration%20practice.pdf
Problem solving tool	Single page handout	Types of drinking behaviour and solutions, taken from the Hydrate Toolkit	Wessex AHSN, KSS AHSN, NE Hants & Farnham CCG	https://wessexahsn.org.uk/img/projects/Problem%20solving%20tool.pdf
How to support drinking well in care homes	3-page handout	Taken from Drinkit 'making drinking fun activities & engagement toolkit' *	University of East Anglia	https://wessexahsn.org.uk/img/projects/Drinkit-how%20to%20support%20drinking%20well%20in%20care%20homes.pdf
Drinks ideas	2-page handout	Taken from Drinkit 'making drinking fun activities & engagement toolkit' showing a range of different drink ideas to try out*	University of East Anglia	https://wessexahsn.org.uk/img/projects/Drinkit-Drinks%20ideas.pdf

Drinks Menu	2-page handout	Showing cold drink preferences of care home residents, and ideas for making an interesting drinks menu	University of West London	https://wessexahsn.org.uk/img/projects/Drinks%20Menu%20UWL.pdf
Top tips for helping someone eat & drink safely	1-page handout	Taken from DrinkKit 'making drinking fun activities & engagement toolkit' covering positioning, atmosphere, drinking vessels, support and care *	University of East Anglia	https://wessexahsn.org.uk/img/projects/DrinkKit-top%20tips%20for%20helping%20someone%20drink%20safely.pdf
Additional structured drinking opportunities	2-page handout	Handout from the i-hydrate toolkit about how to create additional drinking opportunities for care home residents	University of West London	https://wessexahsn.org.uk/img/projects/Additional%20structured%20drinking%20opportunities%20UWL.pdf
Drinking opportunities	Poster	From the i-hydrate toolkit	University of West London	https://wessexahsn.org.uk/img/projects/UWL%20Poster%20-%20drinking%20opportunities.pdf
Fluid rich foods	2-page handout	Showing the fluid content (mls) of common foods *	University of East Anglia	https://wessexahsn.org.uk/img/projects/Foods%20Rich%20in%20Water%20from%20UEA%20toolkit.pdf
Fluid rich foods	1-page handout	Examples of fluid-rich foods, taken from the i-hydrate toolkit	University of West London	https://wessexahsn.org.uk/img/projects/Fluid%20rich%20foods%20UWL.pdf
Drinking vessels	2-page handout	How to review drinking vessels, taken from the i-hydrate toolkit	University of West London	https://wessexahsn.org.uk/img/projects/Drinking%20vessels%20UWL.pdf
Living with dementia	2-page handout	How to adapt strategies for residents with dementia, taken from the i-hydrate toolkit	University of West London	https://wessexahsn.org.uk/img/projects/Residents%20with%20dementia%20UWL.pdf
Dementia Toolkit	Workbook and videos	Resources around nutrition and hydration to enable carers to provide best-quality care to people with dementia	Bournemouth university	https://www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre/eating-drinking-well-dementia-toolkit

Section 4 Resources *(Section 1-3 resources provide information and links to short resources (e.g. leaflets, handouts and posters). If you are a Manager or 'Hydration Champion' (or simply want to find out more), the following toolkits are excellent, comprehensive resources)*

Name of resource	Type of resource	Brief summary	Developed by	Online link
Hydrate in care homes Toolkit	60-page resource toolkit	A series of resources aiming to improve hydration among older people in care homes and the community. The resource toolkit includes a number of hydration-based activities	KSS AHSN, NE Hants & Farnham CCG	https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20Homes%20Resources%20Toolkit.pdf
	Project evaluation report	An evaluation report of the project, which includes the results from use of the ROC tool		https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20homes%20Project%20Final%20Evaluation
DrinKit	4-part guide	To help support hydration among older people in care homes, including the 'making drinking fun activities and engagement toolkit', hydration training and a hydration champion team training manual	University of East Anglia	https://www.uea.ac.uk/medicine/research/publichealth/health-services-and-primary-care/DrinKit
I-hydrate toolkit	Resource pack	Downloadable resource pack to help support hydration in care home residents	University of West London	https://www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/i-hydrate/resources

* Please note that whilst a link to the full Drinkit resource has been provided, individual PDFs have been created from this resource, to simplify the information for the reader of the hydration E-learning toolkit. This information has been supplied by the University of East Anglia, January 2020



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