

## Hydration E-learning Toolkit: Section 1 Resources

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Dehydration: Possible signs	Poster	Poster showing the possible signs of dehydration	Kent Surrey Sussex AHSN	<a href="https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/Poster%202.pdf">https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/Poster%202.pdf</a>
The importance of drinking	2-page handout	Taken from DrinKit 'making drinking fun activities & engagement toolkit', covering the importance of drinking, preventing constipation and why older people become dehydrated easily *	University of East Anglia	<a href="https://wessexahsn.org.uk/img/projects/DrinKit-importance%20of%20drinking.pdf">https://wessexahsn.org.uk/img/projects/DrinKit-importance%20of%20drinking.pdf</a>
Volumes of cups	Poster / 1-page handout	Taken from DrinKit 'making drinking fun activities & engagement toolkit', giving a visual view of the volume in a range of typical cups / mugs *	University of East Anglia	<a href="https://wessexahsn.org.uk/img/projects/DrinKit-Fluid%20volumes%20of%20cups.pdf">https://wessexahsn.org.uk/img/projects/DrinKit-Fluid%20volumes%20of%20cups.pdf</a>
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	<a href="https://wessexahsn.org.uk/img/projects/DrinKit-how%20many%20cups%20are%20needed.pdf">https://wessexahsn.org.uk/img/projects/DrinKit-how%20many%20cups%20are%20needed.pdf</a>
Improving hydration in care homes	Executive summary  Full report	Report on a project to improve hydration and health outcomes in 17 Hampshire County Council owned care homes	Wessex AHSN & Hampshire County Council	<a href="https://wessexahsn.org.uk/img/projects/HydrationCareHomesExecSummary.pdf">https://wessexahsn.org.uk/img/projects/HydrationCareHomesExecSummary.pdf</a>  <a href="https://wessexahsn.org.uk/img/projects/HydrationCareHomesReport.pdf">https://wessexahsn.org.uk/img/projects/HydrationCareHomesReport.pdf</a>

Wessex AHSN hydration leaflet	Tri-fold leaflet	Basic accessible information suitable for the general public, family members and carers	Wessex AHSN & Hampshire County Council	<a href="https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf">https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf</a>
Improving your hydration: Top tips for older people	A4 Poster A3 Poster	Contain top tips for older people	Wessex AHSN	<a href="https://wessexahsn.org.uk/img/projects/HydrationPoster.pdf">https://wessexahsn.org.uk/img/projects/HydrationPoster.pdf</a> <a href="https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf">https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf</a>

\* Please note that whilst a link to the full DrinkKit 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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