

Hydration E-learning Toolkit: Section 3 Resources

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/DrinKit-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



* 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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