

## Hydration E-learning Toolkit: Section 4 Resources

The resources in sections 1-3 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	<a href="https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20Homes%20Resources%20Toolkit.pdf">https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20Homes%20Resources%20Toolkit.pdf</a>
	Project evaluation report	An evaluation report of the project, which includes the results from use of the ROC tool		<a href="https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20Homes%20Project%20Final%20Evaluation">https://wessexahsn.org.uk/img/projects/Hydrate%20in%20Care%20Homes%20Project%20Final%20Evaluation</a>
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	<a href="https://www.uea.ac.uk/medicine/research/publichealth/health-services-and-primary-care/DrinKit">https://www.uea.ac.uk/medicine/research/publichealth/health-services-and-primary-care/DrinKit</a>
I-hydrate toolkit	Resource pack	Downloadable resource pack to help support hydration in care home residents	University of West London	<a href="https://www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/i-hydrate/resources">https://www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/i-hydrate/resources</a>