

# Hydration for Seniors

## Objectives

- Understand why hydration is important for seniors.
- Learn the benefits of staying hydrated and the risks of dehydration.
- Identify practical strategies to increase daily fluid intake.

## Lesson Outline

### 1. Introduction

- Greet participants and introduce the topic.
- Briefly explain that hydration supports health, energy, and quality of life.

### 2. Why Hydration Matters

- Water helps digestion, circulation, kidney function, brain health, and temperature regulation.
- Seniors are at higher risk of dehydration due to reduced thirst, medications, and mobility challenges.

### 3. Benefits of Good Hydration

- Keeps kidneys working well
- Maintains cognitive function and mood
- Supports digestion and prevents constipation
- Reduces risk of urinary tract infections
- Helps prevent dizziness and falls

### 4. Risks of Dehydration

- Confusion or memory problems
- Constipation
- Dizziness and increased fall risk
- Headaches and fatigue
- Urinary tract infections
- Poor circulation

## 5. How Much to Drink

- Aim for 6-8 cups (1.5-2 liters) of fluids daily, unless otherwise advised by a doctor.
- Hydration can come from water, milk, herbal teas, soups, and water-rich foods like fruits and vegetables.

## 6. Practical Tips

- Keep water within reach at all times
- Set reminders or use a hydration schedule
- Offer a variety of drinks and hydrating snacks
- Monitor urine color - light is good, dark means drink more

## 7. Q&A and Activity

- Sample different drinks (water, juice, herbal tea)
- Discuss favorite hydrating foods

## Resources

- National Council on Aging: Hydration for Older Adults  
<https://www.ncoa.org/article/hydration-for-older-adults>
- Aegis Living: Signs and Prevention of Dehydration  
<https://www.aegisliving.com/blog/what-is-dehydration-and-how-to-prevent-it/>
- Project WET: Hydration Activities  
<https://www.projectwet.org/>

# Flier: Stay Hydrated for Better Health!

## Why Hydration Matters for Seniors

- Supports brain, kidney, and digestive health
- Prevents dizziness, falls, and confusion
- Helps you feel your best every day

## Signs of Dehydration

- Dry mouth or lips

- Confusion or forgetfulness
- Dark urine
- Dizziness or headaches

## Easy Ways to Stay Hydrated

- Drink 6–8 cups of fluids daily
- Enjoy water, milk, herbal teas, and soups
- Eat fruits like watermelon and oranges
- Keep drinks within reach and sip throughout the day

**If you notice signs of dehydration, tell your caregiver or doctor right away!**

*For more information, ask your healthcare provider or visit the [National Council on Aging website](#).*

**Stay hydrated. Stay healthy. Stay happy!**