

# Stay hydrated

## As we age, we are at **greater risk** of dehydration and delirium

**Dehydration can cause delirium.**

Delirium causes a short term confused state, and can develop over hours or days.

### How to spot the signs of dehydration



Irritability



Headaches



Cramps



Dark urine colour



Drymouth



Confusion



Tiredness





# Delirium and Dehydration



## What is delirium?

Delirium can affect memory, concentration and personality. It is a sign of an underlying illness.

Delirium will usually improve, once the underlying illness is treated, but sometimes it can last for a while.



## What can cause delirium?

There are many things that can trigger a person to develop delirium. For example, pain, constipation, side effects of medicines and infections.

Dehydration can be a key trigger for delirium.



## How can I prevent delirium ?

You should aim to have 6-8 drinks per day. A normal cup or glass size counts as one drink. It doesn't have to be water - tea, coffee, juice, smoothies and milkshakes can all help keep us hydrated.

Eating high water content fruits and vegetables can also boost water intake. These include: apples, oranges, watermelon, tomatoes, cucumber, spinach, strawberries and celery.



## Where can I find more information about delirium?

[www.dementia-united.org.uk/resources](http://www.dementia-united.org.uk/resources)  
(Scroll to Delirium Leaflets section). The leaflets have been translated into 16 languages.

[www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)

[www.dementia-united.org.uk/delirium/](http://www.dementia-united.org.uk/delirium/)

**We should aim to have 6-8 drinks throughout the day\***



\*unless advised otherwise by your GP

We'd like to acknowledge these partners:

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