

# Stay hydrated

# When did you last drink something?

## Stay hydrated as it can prevent:

Falls // Dizziness // Irritability // Headaches // Toxicity of medication  
// Infections // A&E Admissions // Dry mouth // Constipation //  
Cramps // Confusion // Feeling weak // Tiredness // **Delirium\*\***



## Stay hydrated

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



\*unless advised otherwise  
by your GP

\*\*Find out more about delirium:  
[www.dementia-united.org.uk/  
delirium](http://www.dementia-united.org.uk/delirium)

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