

PROFESSIONAL CARERS

Keeping Service Users and Carers up to date on the latest news, information, events and initiatives.

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NEWSLETTER

Summer 2023 Edition

The sun's been shining for weeks....

But is this the end of Summer as we know it? After what has felt like weeks of endless sunshine it feels like duller days and rain are upon us, and potentially it's here to stay! But, let's be positive, it is only July after all and there is still many weeks of warmer and lighter nights ahead of us. Although some of us are already craving the cosy nights and counting down Christmas already, there is still chance the sunshine will return. In this edition we are focussing on well being, the importance of Hydration, keeping cool in the hot weather and share some top tips how to get a restful nights sleep! Enjoy ☺



Water makes up two thirds of our body. **It is vital we drink enough fluid to maintain a healthy balance.**

Most people get dehydrated by not drinking enough fluids or by losing fluids and not replacing them.



Busting the myth

Tea and coffee are dehydrating - FALSE!
All non-alcoholic fluids count towards your fluid intake. However, decaffeinated versions are healthier choices.

FOODS THAT HELP HYDRATION:

- food in a sauce eg fish in parsley sauce or macaroni cheese
- food with added gravy
- adding milk/water to food or making food with added milk/water
- cereal/porridge
- jellies/ice lollies/ice cream
- yoghurt/Angel Delight
- tinned fruit in juice/syrup
- fruit and vegetables
- soup/broth



Check the colour of your urine:

1
2 Healthy wee is 1 to 3
3

4
5 4 to 8, must hydrate!
6

Signs you are not drinking enough:

- dry mouth
- thirst
- headache
- loose skin
- dark or strong smelling urine
- constipation
- tiredness

Aim to drink 6-8 cups of fluid per day

* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.

* This information does not replace advice from medical or healthcare professionals.



Become a Hydration Hero!!

It is recommended a person should drink between 1.5 to 2 litres of fluids a day (approximately 8 cups) unless you have been advised to restrict your fluid intake by a clinician. All non-alcoholic fluids count towards your intake.

Older people are more vulnerable to dehydration due to physiological changes during the ageing process.

Reduced sensation of thirst can occur as people age, this can be more pronounced in those who have suffered a stroke or have conditions such as Alzheimer's disease. Symptoms of a UTI can include the following (this list is not exhaustive):

- The sensation of burning, pain or discomfort when passing urine.
- Lower tummy pain or tenderness in the back and under ribs.
- Passing urine more often.
- Needing to pass urine suddenly or more urgently.
- Blood in urine.



What to do if you are concerned about yourself or someone you know

You can help prevent dehydration by:

- recognising the early warning signs
- don't wait until you are thirsty before having a drink
- make sure you have enough things available to drink throughout the day
- try to have a glass of water or juice handy at all times
- if you are having problems using utensils or the kettle, Occupational Therapy can help. Speak to your GP or nurse at the clinic as they will be able to advise you where to go for help
- if you are worried about getting to the toilet on time you should speak to your GP or nurse who can refer you to someone who can help

If you are concerned about someone else, consider:

- sitting down and having a drink or cup of tea with them
- talking them through the warning signs of dehydration
- encouraging them to have 6-8 drinks per day
- planning visits around mealtimes to get a sense of what they are drinking and if they have any difficulties drinking
- having a look in the fridge or cupboards to check they have enough things to drink
- encouraging them to attend local cafés / local lunches / visiting voluntary, community or faith organisations with luncheon clubs
- ensuring both hot and cold drinks are safely and freely accessible
- supporting access to both social and health services
- setting reminder alarm to remind them to have a drink

The hot weather getting you down, no problem



Prevention

There are ways a person can help prevent a UTI. These include:

- **Wipe from front to back when going to the toilet (females)**
- **Keep the genital area clean and dry**
- **Promptly change incontinence pads**
- **Do not use scented soaps**
- **Do not hold your urine in if you feel the urge to go**
- **Do not wear tight synthetic underwear**
- **Do not have lots of sugary food or drinks as they can increase bacteria growth in your urine.**

BEAT the HEAT

SUMMER SAFETY

Stay cool at home



Some of us will spend more time at home this summer



Know how to keep your home cool



Look out for others safely, check latest COVID-19 guidance

Stay cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Cooler, safer places



Find somewhere cool to rest, indoors or outdoors



Self-isolate at home if advised to do so



Use cool spaces considerably, keep your distance

Watch out



Be aware of signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

NHS

Top tips for better sleep



Move more. Sleep better.

Being active can help you sleep better, but avoid vigorous activity near bedtime as this may affect your sleep.

Write down your worries

If you often lie awake worrying about tomorrow, try writing a list for the next day before you go to bed.

Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.

NHS

Top tips for better sleep

