

Show Notes - The Dangers of Dehydration

Apple Description:

Dehydration is a serious condition that affects all ages, especially seniors. It occurs when too much fluid has been lost from the body. Dehydration endangers the kidneys and can ultimately cause death. Today, we are discussing the dangers of dehydration, the signs to look for, and ways you can help your loved one recover and prevent dehydration. Listen now to learn more!

Twitter Description:

Dehydration can be a danger for many seniors. Listen to our newest episode to learn the signs and symptoms of dehydration and how you can help your loved one avoid dehydration! #homecare #NewRelease #podcast

Show Notes:

Dehydration is a serious condition that affects all ages, especially seniors. Seniors are more susceptible to dehydration due to a decrease in total body fluids and the body's natural aging process. Dehydration can make your loved one feel weak, confused, and can ultimately lead to death. Today, we are discussing the dangers of dehydration, the signs to look for, and ways you can help your loved one recover and prevent dehydration. Listen now to learn more!

Thank you for tuning into All Home Care Matters. We know that caring for your loved one is an important job and can be stressful at times, so subscribe to our podcast to get all the latest insight and information. We are here for you as you face this new journey.

YouTube Description:

Dehydration is a serious condition that affects all ages, especially seniors. Seniors are more susceptible to dehydration. About 50% of all seniors admitted to emergency rooms experience dehydration. Drinking water should help your loved one with dehydration almost immediately. But what if it doesn't? Check out today's episode to see what the next step should be.

Thank you for watching All Home Care Matters. Subscribe to our channel for all you need to know about long-term care and check out our channel page for any episodes you may have missed.

Here are the resources used for this episode:

<https://www.aegisliving.com/resource-center/the-importance-of-staying-hydrated/#:~:text=Hydration%20is%20vital%20because%20it,aded%20risk%20of%20mental>

<https://www.discoveryvillages.com/senior-living-blog/encouraging-seniors-to-drink-more-water/>

<https://www.longtermcarelink.net/articles/The-Importance-of-Adequate-Intake-of-Fluids.htm>

<https://www.webmd.com/healthy-aging/what-to-know-about-dehydration-in-older-adults>

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

<https://www.healthline.com/health/symptoms-of-dehydration-in-elderly>

<https://dailycaring.com/dehydration-in-elderly-is-dangerous/>

<https://www.dispatchhealth.com/blog/top-signs-of-dehydration-in-the-elderly/>

<https://betterhealthwhileaging.net/ga-how-to-prevent-diagnose-treat-dehydration-aging-adults/>

<https://medlineplus.gov/dehydration.html>

<https://www.droplet-hydration.com/the-droplet-story/>