

HOW TO HELP A PERSON LIVING WITH DEMENTIA

AVOID DEHYDRATION



SMOOTHIES

Smoothies are a great source of fluids. As a bonus, they can contain key nutrients important for cognitive health, such as spinach, berries, and other fruits. Smoothies can also be an option if your loved one needs thickened liquids.



FLAVORED WATER

Try adding cucumbers, berries, or mint to make water more appealing.



MIX WATER WITH 100% JUICE

Mixing equal parts water and juice will still have the taste of juice, but with less sugar. 100% grape juice is a good option to try, as grape juice may improve cognitive health. Try sparkling water and lemonade for another variation.



REDUCED FAT MILK

Reduced-fat milk is another option to try if your loved one does not care for regular water, plus milk has additional nutritional benefits!



ADD MORE MILK

Adding more liquid to foods such as whole grain cereal and oatmeal is a simple way to increase the amount of fluid your loved one consumes.



NON-LIQUID SOURCES

Drinking beverages is not the only way to prevent dehydration! Eating more fruits, vegetables, and soups is a great way to increase fluid consumption if your loved one does not enjoy sipping on beverages. Citrus fruits, berries, melons, lettuce, celery, cucumbers and tomatoes are all especially good options.



AVOID CAFFEINE AND ALCOHOL

Did you know drinking caffeine or alcohol can actually make people dehydrated faster? Another way to avoid dehydration is to limit one's consumption of caffeine and alcohol. For example, at night, enjoy fresh fruits instead of caffeine or alcohol. If your loved one enjoys drinking caffeinated soda, coffee, or tea, try switching to a decaffeinated version.

IF YOU HAVE TROUBLE GETTING SOMEONE WITH DEMENTIA TO DRINK, TRY THESE TIPS:

1

Keep drinks directly in front of them, where they can easily see it.

2

Pour drink inside a clear cup so they can see what's inside, unless the drink itself is also clear. Another option is to serve beverages in a brightly colored cup.

3

Use cups with handles to make holding the cup easier. You can also try using flexible straws.

4

Enjoy a beverage and a chat! Having a beverage with your loved one may encourage them to drink, and your drinking can offer cues for those who need help remembering how to drink. And as a caregiver, it's important for you to stay hydrated too!

5

If your loved one simply forgets to drink enough fluids, try leaving notes around the house or setting digital reminders. You can also try placing cups around the house, especially if your loved one paces a lot.

6

Be mindful of your loved one's preferences and offer two different choices of beverages.

