

Who can help?

Your GP (doctor) can offer a full medical and blood screen to rule out any underlying physical cause.

Leeds Adult Social Care provides an assessment of care needs, including signposting for social care support / care packages. Find out more by visiting a One Stop Centre within Leeds. Alternatively please call 0113 2224401 or www.leeds.gov.uk.

Local voluntary agencies for a variety of social / carer support networks.

- Leeds Infostore an online information resource www.olderpeopleleeds.info Includes details on neighbourhood network schemes and lunch clubs. Neighbourhood network schemes also have a helpline number you can call 0113 391 8333.
- Leeds Age UK, 188a Woodhouse Lane, Leeds Tel 0113 458579 or www.ageuk.org.uk
- William Merritt Centre provides impartial advice on equipment and practical aspects of living such as aids and adaptations. The centre also employs an occupational therapist. Contact the centre on 0113 3055332 or visit www.williammerrittleeds.org



Leeds Public Health Resource Centre stocks a wide range of resources. You can call the centre on 0113 29 53081 or drop in to the centre at Armley Park Court, Stanningley, Road, Leeds LS12 2AE.

NHS Leeds Community Healthcare is supporting a care pathway approach known as SAFER (Screen, Assess, Food Interventions, Evaluation, Refer to other services).

NHS Leeds Community Healthcare provides:

- community matrons / specialist community nurses;
- registered dietitians; and
- speech and language therapists.

Find out more by visiting www.leedscommunityhealthcare.nhs.uk

Leeds Dental Advice Line can help you find an NHS dentist in Leeds. Please contact the service on 0800 298 5787 or visit www.leeds.nhs.uk/dentists

Patient Advice & Liaison Services (PALS) providing confidential non-medical advice about NHS services across the city. Contact PALS on Freephone 0800 052 5270.



Spotting the signs of **dehydration**



**Are you or
an older person
you care about
at risk of
dehydration?**

simple first steps...

What is dehydration?

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. Being well hydrated is the opposite of this.

Who is at high risk?

- those who are dependent on others for provision / access to fluids;
- if you have swallowing problems;
- if you have a raised temperature;
- if you have diarrhoea and / or vomiting; and
- after you have taken part in strenuous physical activities.



Spotting the signs and symptoms:

- drinking less than usual (feeling thirsty);
- coloured or small amounts of urine;
- headaches;
- tiredness;
- dry mouth, lips or eyes;
- lack of concentration;
- confusion;
- constipation; and
- urinary tract infections.

What to do if you are concerned?

You can help prevent dehydration in yourself or others by:

- recognising the early warning signs;
- planning visits around mealtimes to get a sense of what they are drinking and if they have any difficulties drinking;
- sitting down and having a 'cup of tea' socially with relative or friends;
- encouraging around eight drinks per day such as after each meal and snack time;
- ensuring both hot and cold drinks are safely and freely accessible;
- encouraging foods which are high in fluid content such as ice cream, lollies, jellies, nourishing soups or water rich fruits such as melons; and
- supporting access to both social and health services.

Good hydration can assist in preventing or treating:

- headaches;
- urinary tract infections;
- constipation;
- dizziness and confusion - this can lead to falls;
- cognitive impairment (memory loss);
- kidney stones;
- poor oral health; and
- pressure ulcers / skin conditions.

What should you drink?

Aim for at least eight drinks per day. Any fluid, except alcohol counts including milk, water, tea, coffee and fruit juice.

The key is to drink regularly with sufficient amounts throughout the day.

