

‘Hydration at Home’ Toolkit

What is the ‘Hydration at Home’ toolkit?

Wessex AHSN has developed a ‘Hydration at Home’ toolkit, which includes the following:

- **Basic E-learning hydration module** which is split into 4 sections, takes approx. 45 minutes to complete, includes an assessment at the end where you can test your knowledge, and can be accessed via computer, laptop, tablet or smartphone
- **Grandad’s Story video** - highlights how to recognise dehydration and provide support. Grandad's Story is also available with subtitles, which is ideal for showing in GP practice waiting rooms or for people who with a hearing impairment. Both videos are available from: <https://wessexahsn.org.uk/videos/show?tag=Hydration>
- **Links to recommended resources**
- **Public health resources** suitable for the general public, available from <https://wessexahsn.org.uk/projects/354/hydration-at-home-toolkit>:
 - ✓ Hydration leaflet: 'Staying hydrated as we get older: advice and guidance for people over 65, their family, friends and carers' – available as a tri-fold and larger print A4 version
 - ✓ Hydration 'top tips' poster (available as A4 or A3)

Why did we develop the ‘Hydration at Home’ toolkit?

- As part of our projects working with care homes and domiciliary care agencies, we provided face-to-face training to carers. Interestingly, whilst most carers said they already knew all about hydration, as the training progressed, it became apparent that carers were assessing hydration in different ways, and were not aware of the latest research (e.g. using urine colour is not a reliable way of assessing hydration status in older people)
- We looked at what hydration training was available for carers in the community. We found that whilst some basic elements of hydration are available as part of the Care Certificate, this training doesn't include ageing-specific messages, or strategies to support older people to drink more. It was clear that a hydration training package, enabling carers to receive training in a flexible and accessible way, was needed.

How was the toolkit developed?

The content was developed using the latest evidence-based messages. Two care homes and one volunteer have tested out the E-learning module, which was honed further from their feedback. Our hydration public health resources were tested with 40 older people at lunch and activity clubs.

Next steps

- We aim to publish the E-learning module using Health Education England's e-lfh platform in May 2020
- We are seeking endorsement by organisations such as the British Dietetic Association and the National Hydration Network

For more information... Please visit: <https://wessexahsn.org.uk/projects/354/hydration-at-home-toolkit> or email us: healthyageing@wessexahsn.net

