



Daily Hydration Tracker

*Track fluids, spot the signs of dehydration
and know when to seek help*

♥ **Nicole** dementiaonline.org

Practical guides for families and carers

Daily Hydration Tracker

Daily Fluid Goal

If advised by a healthcare professional: _____ mL

Discuss recommended intake with a healthcare professional — different health conditions require more, or less, fluid each day.

Fluid Intake Record

Time	Drink Offered	Amount Offered	Amount Drunk	Notes

Estimated Total Fluid Intake _____ mL Daily Goal Achieved? Y / N

Notes

Helpful Reminders

- Offer a drink with every meal and with medications (if appropriate).
- Keep a favourite cup or glass nearby and encourage small sips through the day.
- Sit and have a drink together.
- Offer drinks the person enjoys, or foods with a high water content — watermelon, yoghurt, orange, jelly, grapes, custard, strawberries, soup, ice blocks.

Signs to Watch For — Dehydration

- | | |
|-----------------------------|--|
| ■ Dry mouth or lips | ■ Dark-coloured urine |
| ■ Passing very little urine | ■ Headache |
| ■ Constipation | ■ Increased confusion (could also be a UTI*) |
| ■ Sleepiness | ■ Dizziness |
| ■ Refusing drinks | |

If you suspect dehydration, please contact your healthcare professional.

* A note on UTIs

A UTI (urinary tract infection) is common in older people, particularly when they are dehydrated. If there are sudden behaviour changes and/or a strong urine smell, test for this as soon as possible by contacting the pharmacy or doctor. Behaviour changes may include aggression, a total change in what they want to eat, confusion, suddenly forgetting people close to them, or even forgetting a second language they speak daily.

When to Seek Medical Advice

Contact a healthcare professional if the person:

- Drinks very little over an extended period.
- Becomes suddenly more confused than usual.
- Has signs of dehydration such as very dark urine, dizziness or extreme sleepiness.
- Has repeated vomiting or diarrhoea.
- Has difficulty swallowing or coughs frequently while drinking.

Remember — *many people living with dementia do not realise they are thirsty. Offering drinks regularly, using favourite cups, sharing a cup of tea together and providing water-rich foods can all help maintain good hydration. Every small drink counts.*