

HYDRATION

TEN THINGS YOU CAN DO TO MAKE A DIFFERENCE IN THE CARE OF YOUR RESIDENTS



1. Train and educate your entire staff on a continuing basis!
2. Monitor residents who are at risk for unintended weight loss or dehydration.
3. Regularly assess **all** residents to determine who is at risk for unintended weight loss or dehydration.
4. Create and post messages throughout the facility to highlight your nutrition and hydration program.
5. Use any and every excuse to have a celebration and serve refreshments!
6. Identify actions the entire care team can take to improve nutrition and hydration in your facility.
7. Seek input and suggestions from your nursing assistants—they know their residents!
8. Make it a team effort! Involve trained volunteers and family members to help with your facility's nutrition and hydration program.
9. Visit Centers for Medicare and Medicaid Services Sharing Innovations in Quality website <http://siq.air.org> to find simple, creative ideas to promote good nutrition and hydration.
10. Use resource materials to maximize your hydration care program.