hydration for seniors

It is important to drink plenty of fluids as we age. Your body goes through changes that can make it more difficult to drink the right amount of fluids each day.

Changes that make hydration more difficult:

• More difficult to realize you are thirsty
• Kidneys do not work as well as they used to
• Fear of night time accidents
• Certain illnesses

Drinking fluids throughout the day can help you stay hydrated.

When you do not drink enough fluids, you can become dehydrated

You may be at risk of becoming dehydrated if you have/are experiencing:

• Depression
• On diuretics
• Frequent laxative use/diarrhea
• Fever
• Vomiting
• Decreased amount of saliva

How do you know you are drinking enough?

Most adults should drink 48-64 ounces of fluid each day. That is 6 or 8 glasses of 8 ounces of fluids.

some examples of fluid servings are:

• 4 oz juice
• 6 oz soup
• 1/2 cup jell-o
• 1/2 cup ice cream
• 12 oz can soda or seltzer water
• 8 oz milk
• 8 oz coffee, tea, or hot chocolate
• Popsicles