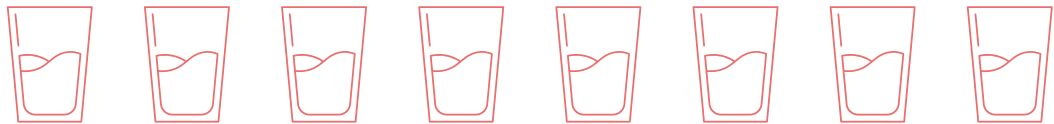


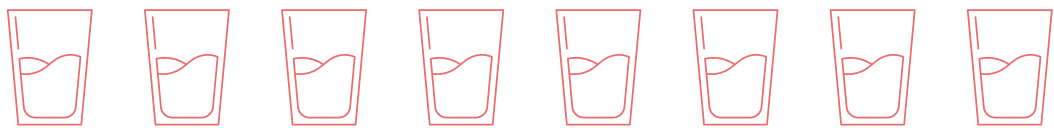
Daily Hydration Tracker

Aim for 6–8 cups of fluid every day!

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



What counts as a cup?

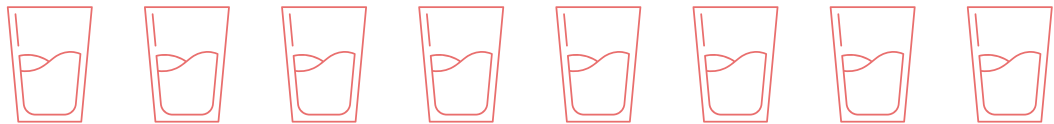
Water | Tea or coffee | Squash or diluted juice | Milk | Soup or broth | Herbal tea



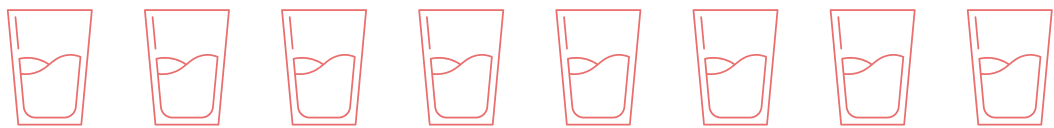
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Know the signs. Stay hydrated. Stay well!

Spotting UTIs and staying hydrated — what every family should know

UTI Signs & Symptoms



Sudden confusion

Disorientation or not knowing where they are



Agitation or restlessness

Uncharacteristic changes in mood or behaviour



Increased falls

Dizziness or declining mobility



Fever or shivering

Feeling unusually cold or a high temperature



Cloudy or strong-smelling urine

A key physical sign — but not always present



Unusual tiredness

Low energy or loss appetite

**Pain is often absent in older adults.
If something feels off - always speak to a GP.**



Daily Hydration Tips



Keep water within reach

A visible glass acts as a gentle reminder



Offer a drink with every meal

Tea, coffee, squash and milk all count



Try water-rich foods

Cucumber, melon, soup and yoghurt all help



Set gentle reminders

Every few hours throughout the day



Drink more in warm weather

Summer heat increases dehydration risk



Check urine colour

Pale straw = well hydrated. Dark yellow = drink more

**Our Homelium carers encourage fluids and
monitor hydration on every single visit.**

**Signs of dehydration
to watch for:**

Dark urine

Dry mouth or lips

Dizziness

Sudden confusion

Unusual tiredness

Headaches