

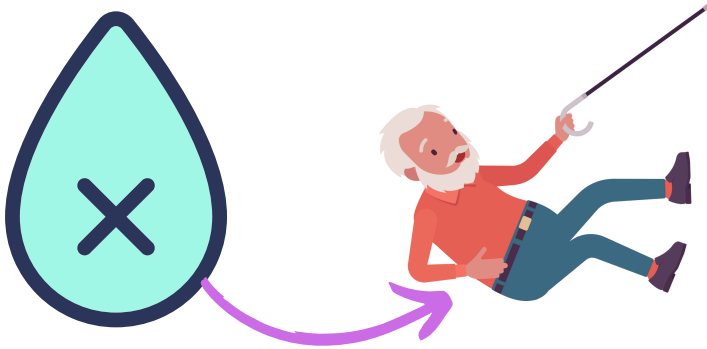
# DEHYDRATION AT HOME

## #1 Precursor to Senior Falls

### WHAT IS DEHYDRATION?

And its effect on seniors ?

Dehydration is a common condition where the body lacks sufficient fluids. Dehydration is the leading precursor to falls, especially among older adults.



### Impact on Balance and Coordination

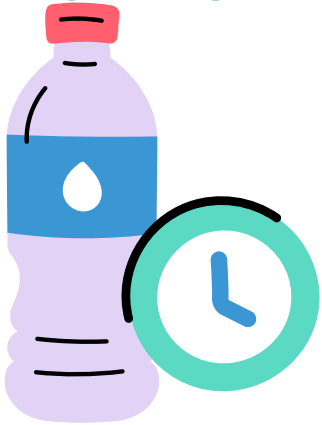
Dehydration affects cognitive function, leading to impaired balance and coordination.



Increases the risk of falls, particularly in older adults.



### MONITORING HYDRATION



Keep track of daily water intake, bathroom visits, and pay attention to the signs of dehydration.

[www.caregiversmartsolutions.com](http://www.caregiversmartsolutions.com)



**56 OZ**  
in 24 hours

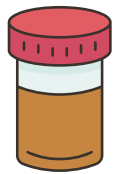


### Symptoms of Dehydration



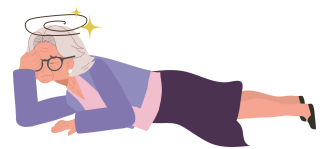
Persistent Thirst

Dark Urine



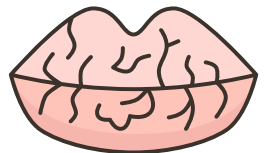
Fatigue

Dizziness



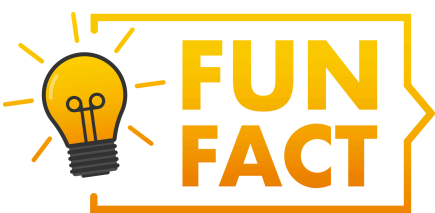
Confusion

Dry Mouth



### HOW TO PREVENT DEHYDRATION AT HOME

- Drink plenty of water throughout the day.
- Consume hydrating foods like fruits and vegetables.
- Avoid excessive caffeine and alcohol intake, as they can contribute to dehydration.



- The thirst sensation in humans weakens with age
- Seniors hold less water than younger people.
- It's possible to become overhydrated



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