

Hydration Tips for Seniors

Recognized institutions like the Mayo Clinic Health System recommend that seniors take extra precautions to stay hydrated regularly, especially during warmer weather.



Signs of Dehydration in Seniors

- Cold hands and feet
- Constipation
- Dark urine or urinating less frequently
- Digestion issues
- Dizziness, fatigue, or weakness
- Dry mouth, lips, or skin
- Excessive sweating
- Headaches
- Increased thirst
- Loss of concentration and focus
- Low blood pressure
- Muscle cramps
- Nausea

What Causes Dehydration

- Conditions such as diabetes or heart, kidney, or liver disease
- Diarrhea and vomiting
- Illnesses that cause a fever
- Medications, including diuretics and water pills
- Weather and activities that make you sweat

What Water Does for Your Body

- Absorbing shock for your brain and spinal cord
- Aiding digestion
- Balancing chemicals in the body and helping the brain to create hormones and neurotransmitters
- Creating moisture and tears for the eyes
- Delivering oxygen throughout the body
- Lubricating joints
- Making saliva, which is necessary for eating and oral health
- Regulating body temperature

How to Stay Hydrated

- Alternate with other healthy drinks like juice or tea
- Carry around your favorite water bottle and refill it every time you finish
- Drink water through a straw and keep it in reach; you're more likely to drink it without realizing it
- Eat snacks in between meals to replace electrolytes lost by sweat and other modes
- Establish a healthy routine by drinking a glass of water in the morning, with every meal, and before bed
- Flavor your water with mint or cucumber for extra nutrients and enjoyment
- Swap alcoholic or caffeinated drinks for water and drinks with electrolytes
- Talk to your doctor about hydration and how they advise adding water to your diet and lifestyle

Why Hydration Matters for Seniors

- Chronic conditions, such as diabetes, that affect fluid balance
- Cognitive delays that stunt the sensation and response to thirst and appetite
- Decline in kidney function
- Falling due to fatigue and lack of strength
- Impaired sweating that hinders the ability to regulate body temperature
- Medication side effects that can impact fluid loss and thirst levels
- Mobility issues that can inhibit the ability to get enough water throughout the day

Hydration Foods for Seniors

- Dairy products like cheese, cottage cheese, milk, and yogurt
- Fruits like apples, blueberries, cantaloupes, grapes, oranges, peaches, strawberries, watermelon
- Protein like beans, eggs, fish, lean meats, lentils, nuts, poultry, seeds, shellfish
- Vegetables like bell peppers, celery, cucumbers, tomatoes, and zucchini
- Whole grain foods like brown and wild rice, cereal, oatmeal, pasta, quinoa



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