



Season's greetings from the DRIE study!

Dehydration Recognition in our Elders

Thank you for your help with DRIE! We have met many delightful residents, staff and relatives along the way – **thank you!!** All of our participants, and their care homes, have been intensely generous with their time and energy, and we are very grateful. We will use the information you have provided to create a really useful method of checking whether older people are drinking enough fluid (water, tea, coffee, milk, fruit juice, squash, soup etc). This will help keep older people healthy. We are currently busy:

- Visiting you 12 months after our initial interview (a quick interview to say hello and catch up)
- Doing the maths we need to do to work out the best way of telling whether people are drinking enough – we will let you know more soon

Some good news:

- Diane is doing really well with her PhD, and has moved on to the next stage of her research, doing interviews on drinking
- Florence, who worked with us in some care homes, got a distinction for her research masters study on Drink Diaries

Well done Diane and Florence!

Worldwide Afternoon Tea will be afternoon tea celebrated around the world on 19th March 2014 as part of Nutrition and Hydration week (17-23 March 2014). Why don't you join in? Have a tea party!



The week is a collaboration between the National Association of Care Catering, Patient Safety First and the Hospital Caterers Association. Afternoon tea will be served in health and social care settings, promoting nutrition & hydration. Have fun, demonstrate your commitment to nutrition and hydration, and show off your home! More information will be available soon on <http://nutritionandhydrationweek.co.uk/worldwide-afternoon-tea/> - you can register for updates.

This follows on from a national Digni-Tea on 1st February 2014, a celebration of dignity based around dignity & tea, organised by the National Dignity Council (which promotes dignity and respect in UK care services). See [http://www.dignityincare.org.uk/Dignity Action Day/](http://www.dignityincare.org.uk/Dignity_Action_Day/).

Let's celebrate hydration!

Links to both events are on the DRIE website at <http://driestudy.appspot.com/>. All our care homes are named, but not individual participants. You will find information on DRIE, and can download the information sheets and study protocol from this site.

Here's wishing you, your friends, relatives, carers and colleagues, a very cheery Christmas!

Diane Burns

