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newsletter!



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**Dec 2015**

## Season's Greetings from the DRIE study!

### Dehydration Recognition In our Elders

**So you thought that DRIE had finished – not quite!** We are still visiting some of our participants 24 months after our initial meeting, for a short follow-up chat, and look forward to seeing you again soon. We are also asking people living in care homes if they would like to take part in DRIE-2, our second study. In DRIE-2 we are finding out whether a set of 3 tests (identified in the first DRIE study) really does identify people who are not drinking enough (dehydrated). We have met many delightful residents, staff & relatives along the way – **Thank you for your help!**

### Making Drinking (even more) Fun!

We are also starting a new study, building on what our DRIE participants, Thinking About Drinking participants, care staff, relatives and our advisory groups have told us about how to help older people to drink well. Our research will focus on making drinking fun, and making drinking a central part of day-to-day events, activities and friendly moments. We are exploring ways to support drinking being even more enjoyable in care homes.

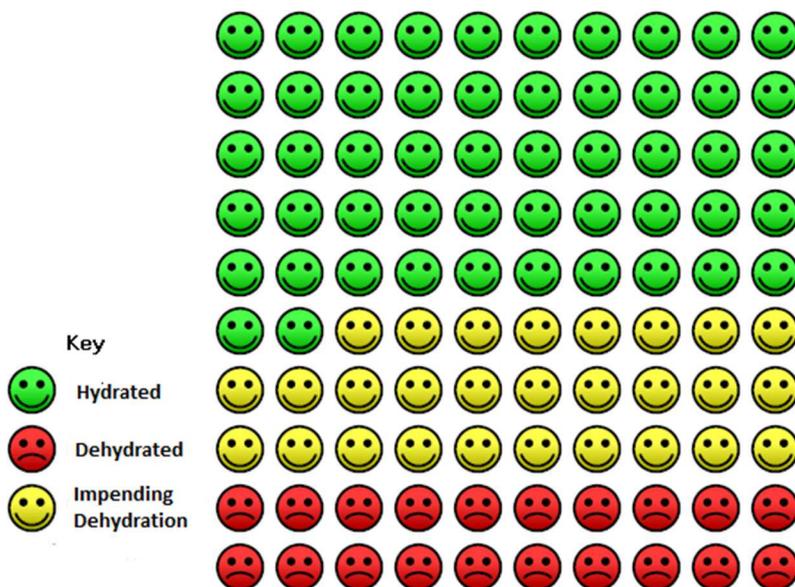


**Development:** we will work with 3 homes and 3 Activities Co-ordinators to develop a varied, enjoyable and low-cost, set of activities focussed on drinking well (an activities toolkit) to support drinking in residential and nursing care-homes.

**Testing:** we will test how well the toolkit works in 3 new homes, assessing the effect of the toolkit's use on drinking, hydration and engagement of residents.

We are currently asking care homes if they would like to take part – if you are interested, discuss it with your care home manager!

**The DRIE study tells us that 1 in every 5 care home residents is dehydrated, because they are not drinking enough. We need to help older people drink well.**



## Drink – Drink Well, Drink Often

As we get older we stop feeling thirsty even when we need to drink more. This means that we need to remember to drink, so routine is very useful. This is important because many older people do not drink enough fluid (tea, coffee, water, squash, fruit juice, milk, Bovril, soup) to keep them as healthy as possible. Aim to drink 10 drinks every day (count through to check):

- have a cup of tea before breakfast, when you wake up,
- drink a whole glass of water with your pills
- drink what you enjoy – what about Bovril, or cocoa, as well as tea and coffee?
- have a full glass of water, tea, coffee or squash at every meal
- make drinking a social occasion – enjoy a pot of tea with a friend
- see the poster for more ideas (display the poster to remind you).

Thank you once again, for all your help, support and hard work in understanding drinking and preventing dehydration in older adults.

Lee & Diane

**We wish you, your friends, relatives, carers and colleagues, a very cheery Christmas!**



# Drink – drink well, drink often!



Mug of Bovril mid-morning



Glass of water with lunch, a mug of tea to follow



Pot of tea for two in the afternoon



Pot of coffee and orange juice with breakfast



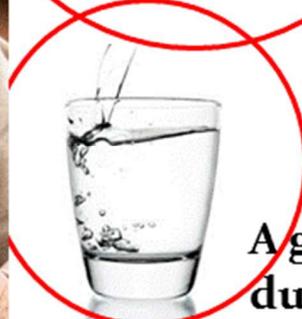
Lemonade with evening meal



Cocoa or Horlicks before bed



Cup of tea on waking



A glass of water to drink during the night

