

HYDRATION TIPS FOR SENIORS

Stay Independent. 
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



As you age, you:

- » store less water in your body
- » experience less thirst
- » might take medications that make you lose water

You may be dehydrated if you experience any of the following symptoms:

- » Dry mouth or dry throat
- » Headache
- » Irritability
- » Lightheaded/dizziness
- » Fatigue/tiredness
- » Dry eyes or decreased tears
- » Dark-coloured urine

TAKE ACTION TO STAY HYDRATED

- ✓ Make time throughout your day to drink a glass of water.
- ✓ Drink at least 6 - 8 glasses of water or fluids every day.
- ✓ Drink a glass or two of water when you first wake up.
- ✓ Make water tasty by adding lemon, lime, or cucumber slices.
- ✓ Eat fruits and vegetables that contain a lot of water, like watermelon and celery.
- ✓ Stay in air-conditioned spaces, like malls, during heat waves.
- ✓ Wear a hat outside to keep your head cool.

Speak to your healthcare provider if you have concerns about dehydration.

Call or visit your friends, neighbours, and family to make sure they are drinking plenty of fluids and keeping cool.



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LOCAL CONTACT INFORMATION

Sources available upon request.

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