

Making every drink count



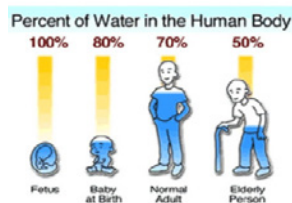
Care UK Hydration guide

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Introduction

The importance of hydration

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health.



For older people, good hydration enhances the feeling of wellbeing, reduces the use of medication and helps prevent illness. For most adults, dehydration can be quickly

resolved. However, for older adults dehydration is the most common cause of fluid and electrolyte imbalance and, if not recognised or left uncorrected, can have devastating long-term effects.

Common consequences of dehydration include confusion, falls, pressure ulcers and UTIs. Dehydration can lead to rapid deterioration, unnecessary invasive clinical interventions and long-term outcomes that can result in loss of independence, dignity and in the most severe cases, life.

Therefore, ensuring good practice in hydration care is key to improving quality of life and maintaining older people's health.

Causes of dehydration in older people

Dehydration in older adults can occur for a number of reasons including both physiological and environmental factors.

As we grow older, our kidneys become less effective. Whereas drinking a pint of water in our twenties would have had an almost immediate hydrating effect, the same is not true for someone in their eighties. Our bodies are simply not as good at conserving water as we age, making it easier for us to become dehydrated.

Also, the water content of our bodies and our thirst decreases. People usually rely on thirst as a signal for needing a drink - for older people, this may not be an accurate indicator of the body's fluid needs. Equally, difficulties with swallowing, mobility and sensory impairment can create barriers to maintaining adequate hydration.

However, there are a number of key risk factors that are not associated with physical ability to drink. If an older person relies on others to supply drinks, then they may not be drinking enough. Understanding the older person and seeing the person behind the illness or confusion will help maintain hydration. Below are some other factors to consider:

- It's thought that people living with dementia or cognitive impairment may not recognise thirst, so forget to drink. They need regular prompts so that they can understand and be reminded to drink.
- Older people will often self-limit fluid intake for fear of incontinence or 'being a nuisance' if they need help to use the lavatory or commode. This is especially true to avoid getting up in the night.

Taken from nursingpractice.com – the importance of maintaining good hydration in older people.

Signs of dehydration

Below are some indicators that someone may be dehydrated. Anyone experiencing these symptoms should rest in a cool place, out of the sun and drink plenty of fluids, and their GP contacted if symptoms persist or worsen:

- Dark coloured urine (should be straw coloured)
- Dry mouth
- Dry skin
- Loss of appetite
- Light headedness or headaches
- Muscle cramps in arms, legs or stomach
- Mild confusion
- Sleep problems

However old you are, and whatever medical conditions you are living with, drinking one and a half litres (6-8 glasses) of water or non-caffeinated/non-alcoholic drinks a day is vital in ensuring that the bladder and urinary tract function properly.

The importance of helping older people to stay hydrated cannot be underestimated and knowing and offering what people like to drink will help increase fluid intake.

Ten quick tips for increasing your daily water intake

The following are 10 quick tips for increasing a person's water consumption, as well as your own: according to the Royal College of Nursing.

- 1** On a sedentary (or inactive) day, try to drink around two litres of water. The Government recommends 2 litres a day (8 glasses).
- 2** Start by drinking a glass of fresh water when you get up in the morning.
- 3** If you are not used to drinking water regularly, start by replacing just one of your daily drinks with fresh water, increasing your consumption as the weeks go by.
- 4** Ask for a glass of tap water to go with your coffee and tea in cafés.
- 5** Drink a glass of water before and during each meal.
- 6** Hot water with a piece of fruit in - like lemon, lime or orange - often helps those who want a hot drink.
- 7** Carry a bottle filled with chilled tap water with you whenever you leave the house.
- 8** During exercise, drink at 10-15 minute intervals or think of it as a full glass every 30 minutes - drink slowly and drink early, it's physically easier to do this when you are still feeling fresh.
- 9** Keep a check on your urine. As a general guide to hydration, it should be plentiful, pale in colour and odourless.
- 10** Ask for a jug of iced tap water with your meal when in restaurants and with your alcohol when in bars – good establishments will be happy to provide this.

Encouraging fluid intake

There are plenty of ways to help increase a person's fluid intake.

If they have a favourite cup or glass, remember to use that one as often as you can.

Food and drink tastes are a very personal thing – this includes the crockery and cutlery we use, as well as the way the food/beverage is made and served. Many factors in a person's background can affect this so try to find out and understand what they require.

Different ways of serving can set the scene or style of service or perceived value of what we receive. A simple example of this is a coffee:

- **Served in disposable cup** – take away. This could indicate to someone that it is cheap.
- **Served in a mug** – might remind someone of a greasy spoon café, it can seem to be quantity over quality.
- **Cup and saucer** – nice restaurant, good quality café.

This is just a quick example and knowing what the person prefers can help encourage them to drink more, by allowing them to recognise what is being served to them.

Taking this to the next step – we all have a favourite cup or mug we use at work or home. It's ours and we would not expect anyone else to drink from it. You might have more than one vessel that you enjoy using, for example a cup and saucer for coffee and teas, but hot chocolate in special mug.

Remembering and recreating this can encourage an older person to drink more and can improve the feeling of wellbeing.

Serve a drink with every meal and snack

It is traditional to receive a beverage when eating, whether it is a full meal or just a snack. This is reflected in so many things we do day-to-day: coffee and biscuits, tea and cake, wine and nibbles, or with a meal.

Dehydration can cause a lack of appetite so offering drinks with meals and snacks counteracts this and helps with digestion.

Having a drink 30 minutes before dining can aid with digestion and help clean the pallet before dining, improving the flavours of the dish and increasing the appetite.

Clear vessels for cold drinks

Use a clear glass so that you can see what is inside. This not only allows an older person to know what is in the glass, it can encourage them to drink if you decide to 'jazz it up'. By using a clear glass, it removes the fear of the unknown they may be feeling.

"What's in the glass? Do I like it? How full is the glass, can I lift it?" – all of these questions are answered when using a clear drinking vessel for cold drinks. If you are worried about using glass in case of breakages, there are plenty of picnic versions in clear material that look very much like glass.

Line of sight

The importance of this cannot be underestimated. Retailers purposely put impulse purchases in our line of sight and in areas that have a high spend per square foot to tempt us into a purchase. Hospitals have also noticed that weight loss (especially in wards for older people) can be attributed to food and beverage being out of sight or reach.

By placing beverages close to someone, within easy reach and in full view, this will encourage them to take sips more often.

If you are worried about someone not drinking enough, sit with the person whilst they eat and keep reminding them to take a sip

People are social beings, meaning we are used to enjoying food and drink with others and we like to share the experience. This can be seen throughout the world with all major festivals and celebrations involving food and drink.

Often when we sit and socialise whilst eating and drinking, we eat and drink more than we planned and time often seems to run away. This is because in part we are not focusing on the food and beverage and the consumption becomes less task-orientated and more pleasurable. Also, we find ourselves copying others in these groups, which can be a great trigger for those that need it.

Another tip when doing this is to discuss the food and drink you are enjoying. If you start talking about food or drink, the person will naturally take a sip or a bite in order to join in with conversation and be part of the group. This technique can be used at breakfast, lunch and dinner/supper, but can also be used at other times such as morning coffee or tea at 3pm (see making an occasion of drink).

Encouraging consumption through choice

All too often, when we think of keeping ourselves or our loved ones hydrated, our thoughts turn to tea, coffee or fizzy drinks.

In Care UK's homes, we pride ourselves on offering a wide range of drinks to encourage everyone to stay hydrated without taking on board too much caffeine or sugar.

Naturally tea and coffee are important to many people – in our care homes we serve over 12 million cups of tea every year but we also provide plenty of other options

Experts always tell us water is the best option for hydration. Served nice and cold and fresh from the tap this can be all you need – especially on a hot summer day.

Other options include milk shakes, fruit juices, herbal teas, hot chocolate and old-fashioned favourites like Horlicks and Ovaltine are of which are served in Care UK homes.

One product that we have found particularly popular is called Waterade. This comes in many flavours, is attractive in appearance, tasty, sugar free and has additional vitamins including A, D and E. We find the fruity flavours are particularly popular with those who might want a glass of fruit juice – which can be very high in sugar. Every one of our homes serves this drink in lovely swirly dispensers that keep the drink cool and draw the eye.

You can buy your own stock of Waterade here:
wateradesales.com/pages/about-us



Making drinks look as appealing as possible

Present jugs of cold water with a slice of lemon, cordials served in vintage jugs, or mocktails with all the trimmings. Adding mint will also give off a lovely fragrance and it helps with digestion.

Fruit infused waters

Fruit infused waters are not only attractive; they also contain many health benefits and are more refreshing than plain water. This is done by infusing fruits, vegetables or herbs for a couple of hours in water so water soluble vitamins, such as B and C, are released into the water.

Decant the flavoured water into a Kilner jar with ice and garnishing items. The ice will cause condensation on the outside of the jar encouraging people to drink.

Flavour examples

Season	Items to soak	Garnish
Christmas	Soak cinnamon sticks in hot water to extract flavour. Add pears, blueberries or clementines and lemons.	<ul style="list-style-type: none"> Put fresh cinnamon stick in jar with slices of fresh pear and whole blueberries, or; Slices of orange and lemon with a few whole cloves.
Wimbledon	Soak fresh mint and strawberry to extract flavour. The water will also take on a pink hue.	<ul style="list-style-type: none"> Hull the strawberries and slice in half with fresh springs of mint.
Hot summer day	Soak cucumber slices with some orange slices until the water takes on flavour.	<ul style="list-style-type: none"> Using a carnale knife, remove strips of cucumber skin and place in jar, then slice the cucumber into rings and place in Kilner jar. Top with some sliced oranges.
Summer Citrus burst	Soak lavender flowers with citrus slices, until water takes on flavour.	<ul style="list-style-type: none"> Thinly slice citrus fruit and place in Kilner jar. Wash whole heads of lavender in salt water, rinse and add.

Tips for jazzing up a drink

Frosted rim – dip damp rim of a glass in coloured sugar, salt or sugar strands (which ever suits drink best) and serve.

Contrast – this works well with milkshakes. Before pouring the milkshake, swirl some dessert sauce around the inside of a glass and fill with milkshake (you could also top with whipped cream).

Frozen glasses – when filled, frozen glasses chill beverages and produce condensation.

Ice cubes – ice cubes can be made with fruit, herbs and/or edible flowers. This adds flavour and adds more interest to a drink.

Colour layering – use crushed ice, colour the ice with juice and layer to add interest to a drink.

Cocktail pieces – mini umbrellas, straws, swivel sticks and stirrers can all be added to drinks to add interest.



Make an occasion of a drink

In everyday life, we create occasions to drink. These can be as small as going on tea break at work with a friend, meeting a friend at a coffee shop or bar, to wetting a baby's head. As social beings that enjoy sharing food and drink, we often looking forward to the social side as much as what we'll eat and drink.

Much like with food, our day can be punctuated by drinks and the beverage served can subconsciously let us know the time of day, such as coffee at 11am and tea at 3pm. Beverages served can also set the scene of what we expect. For example, prosecco served with breakfast may be considered a 'fancy' breakfast reserved for a special day, as opposed to a regular day. Hot milky drinks such as Ovaltine or hot chocolate are associated with bed time and they help us to sleep, but could also be associated with a cold winter's day as a warming, nourishing drink to keep the cold out and lift spirits.

If you know someone who isn't keeping their hydration levels up, think about creating opportunities to share a sociable and timely drink. For example, both having milk on cereal at breakfast, a cup of tea and a biscuit mid-morning or a long cool drink like a shandy or squash at the end of the afternoon when you sit and chat about your day.

To take this to the next level, perhaps once a month or week (and on special occasions), you could host an afternoon tea with bite-sized treats and a selection of beverages. Or plan a themed tasting and get the family involved. For example, you might host ice cream tasting, serve elaborate milk shakes, have a fruit tasting or tea tasting – the options are endless and they also give an excuse to reminisce about the olden days.

Encouraging hydration on hot days in fun ways

Ice lollies

For hot summer days, it's easy to make your own healthy ice lollies by freezing drinks or even yoghurts onto sticks using moulds. They are really easy to make and the perfect way to hydrate the body. Watermelon is a great option (it's hydrating and rich in vitamin C) – simply blitz with a hand blender and mix with coconut water then freeze.

Why not recreate an ice cream parlour at home?

If you have family members who love a frozen treat, why not make an activity for everyone to join in with your own ice cream 'parlour'?

For this, you will need:

- Ice
- Ice cream
- Cones
- Selections of sauces and toppings
- Flakes (for the all-important flake 99)
- Ice cream scoop
- Ice lollies
- Music
- Napkins

You can even download music that makes it sound like the ice cream van is visiting from YouTube.

If you have older family members, why not choose ice cream van music dating from 50's, 60's and 70's and make it a retro reminiscence session?

Display the ice lollies on a bed of ice cubes to keep them cold, and the same with the tubs of ice cream. Have sauces and toppings ready including the all-important flakes.

Milkshake and smoothie bar

For older family members or people living with disabilities, as well as encouraging hydration, this activity has multiple benefits including reminiscing, use of the senses (sight, smell, taste, and touch), hand to eye coordination and helps with nutrition.

For this, you will need:

- Smoothie maker or liquidiser
- Glasses

- Straws
- Platters of chopped fruit (use lots of different coloured fruit to build interest)
- Sweets that can be blended or pulsed such as Maltesers, After Eights)
- Fruit juice or made up WaterADE (see page 6)
- Milk, cream (with extra set aside to top drinks) and yogurt
- Ice cream
- Milkshake syrup
- Toppings (powders, sprinkles, chocolate chips etc.)

Give each everyone a cup or glass that they will be drinking from and encourage them to fill theirs with fruit. When the glass is full, empty the portion of fruit into a blender, add their choice of juice or milk, blend and pour back into the glass. If making a milkshake, add ice cream. Get everyone involved in adding toppings and decorations.

To finish, just add a straw and enjoy.

Lemonade floats

These are a great way of injecting some fun into drinking, as well as adding not only interest but enriching the drink with extra calories and nutrition for those who may have a diminished appetite.

To make this treat:

1. Fill a glass to three quarters full with lemonade, and top with a ball of ice cream.
2. Serve traditionally with a straw and have long spoons to hand in case there is ice cream to enjoy when they get to the bottom of the glass.



Fruits, vegetables and water content

The added benefit of using fruit and vegetables for hydration increases the vitamin and mineral intake for the body, as well as providing fibre. A full list of benefits and sources can be found on page 30, 'What are nutrients?'

Serve foods that are high in fluid such as fruit, vegetables, salad, gravy, jelly and ice cream.





















Did you know? Fruits such as pineapple, cranberries, oranges and raspberries all contain 80-90% water and are packed with health-boosting vitamins such as vitamin C – essential for warding off coughs and colds.

In the winter, think about soups, stews and casseroles with plenty of gravy and mashed potato to soak it all up.

The grid opposite gives you some idea of percentage of water in common fruit and vegetables.

As you can see, hydration does not need to be served in a cup or a glass. Fresh fruit and vegetables can be used as finger food hydration for people that struggle with cups and other drinking vessels.

In order to enrich these products, consider cream cheese on celery, vegetable crudities, or the addition of whipped cream or enriched custard for dipping fruit into.

	Iceberg lettuce 96%		Radish 85%
	Tomato 94%		Courgette 95%
	Pineapple 87%		Strawberries 92%
	Cucumber 96%		Watermelon 92%
	Peach 88%		Sweet peppers 92%
	Apricot 86%		Green tomato 93%
	Orange 87%		Raspberries 87%
	Cranberries 87%		Grapefruit 91%
	Cauliflower 87%		Cantaloupe 90%
	Green cabbage 93%		Celery 96%



Fruit platters

Platters of fruit are great for stimulating appetite and encouraging impulse nutrition and hydration. The mix of shapes, colours, and flavours are inviting and people, including children, benefit from the fruit being 'grab-and-go', not having to peel, wash or prepare the fruit.

Top tips

- Ensure you have a selection of colours and shapes
- Make sure fruits like grapes are halved to reduce choking risk
- Serve using clean tongs or spoons and cover the fruit when not in use

Fruit pots

Another way of offering fruit throughout the day and the evening is with fruit pots, which can be homemade. Supermarkets sell some fruit pots which have quite a long shelf life and don't require refrigeration.



Fruit purees

Fruit purees are a good way to provide hydration as well as vitamins, minerals, and dietary fibre.

Mango puree

- The flesh of 2 x mangoes
 - 2 tbsp. icing sugar
 - 1 tbsp. lime juice
1. Place all ingredients into a blender and blend to smooth puree.

Peach and banana puree

- 2 x medium peaches (skin and stone removed)
 - 2 x peeled bananas
1. Place all ingredients into blender and blend to smooth puree.

Beetroot and plum puree

- 2x beetroot, peeled and diced into 1cm cubes
 - 2x red plums skinned halved and destoned
1. Put the beetroot and plums in a small saucepan and just cover with water.
 2. Bring to the boil over a high heat then reduce the heat, cover, and simmer for 10 to 15 minutes.
 3. Place all ingredients into blender and blend to smooth puree.



Summer crudité's with three dips

Prep time - 15 to 30 minutes

Serves - 4

Ingredients

For the crudité's:

- 1 head trimmed celery
- 1 cucumber, halved and deseeded
- 2 chicory heads or radicchio, separated into leaves
- 2 bunches of radishes, trimmed
- 225g baby carrots, trimmed
- 2 bunches spring onions, trimmed

Method

1. To assemble the crudité's, simply cut the celery and cucumber into batons. Then arrange in bowls with the other vegetables and serve with the dips.

Carrot, coriander and fromage frais dip:

- 110g young carrots, peeled and finely grated
 - 1 level tsp coriander seeds
 - 200g fromage frais
 - ¼ level teaspoon cumin seeds
 - 1 dstspn lemon juice
 - 1 dstspn extra virgin olive oil
 - 1 heaped tbsp fresh chopped coriander leaves
 - 1 level dstspn freshly chopped mint leaves
1. Dry roast the coriander and cumin seeds in a small pan over a medium heat for about 45-60 seconds, then crush them finely with a pestle and mortar.
 2. In a bowl, mix together all the ingredients. Season and cover with cling film. Leave to stand for 15 minutes before serving to allow the flavours to develop.

Lemon, soured cream and almond dip:

- 1 tbsp lemon juice grated zest 1 lemon
 - 1 x 284ml carton soured cream
 - 25g ground almonds
 - 1 level tbsp finely snipped chives
1. Mix all the ingredients in a bowl, then season to taste.

Avocado, Feta cheese and garlic dip:

- 1 large ripe avocado
 - 110g Feta, roughly chopped
 - 1 small clove garlic, peeled and crushed
 - 1 tbsp olive oil
 - 2 tbsps lemon juice
1. Halve the avocado and remove the stone. Scrape out all the flesh into a processor. Add all the other ingredients to the processor.
 2. Blend all the ingredients until they are almost smooth (it's nice to leave some texture).
 3. Remove to a bowl, taste to check the seasoning, cover the surface with cling film and leave on one side. Don't make this one too far in advance or it will discolour.

Non-alcoholic cocktails (mocktails)

Mocktails are another great way to get a person involved in the production of beverages by blending and chopping ingredients.

Strawberry limeade

Prep time - 20 minutes plus 2 hours refrigeration

Ingredients

- 120ml lime juice
- 70g sugar
- 85ml water
- 225g sliced strawberries
- 20 mint leaves
- 500ml cold water

Method

1. To make a simple syrup, combine the sugar and water in a saucepan, and cook over medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.
2. In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint, and water.
3. Let sit in the refrigerator for 2-3 hours. Serve and enjoy!

Melon float

Prep time - 20 minutes plus 3 hours to freeze

Ingredients

- Assorted melon balls (watermelon, honeydew, cantaloupe, etc.)
- 2 scoops lemon, raspberry, or other fruity sorbet
- Fresh mint leaves
- Lemonade, to top off

Method

1. Freeze the melon balls for at least three hours until frozen.
2. To make the drink, put the sorbet into the bottom of a glass and top with the frozen melon balls. Drop in as much fresh mint as you'd like (anywhere from a couple of leaves to a handful) then top with lemonade.
3. Let the sorbet melt to sweeten and flavour the drink.

Raspberry and vanilla soda

Prep time - 20 minutes plus 2 hours refrigeration

Ingredients

- 65ml water
- 50g sugar
- 120g fresh raspberries
- 1 tbsp. lemon juice
- 1 tsp. vanilla extract
- Cup of lemonade
- Ice

Method

1. In a small saucepan set over medium heat, combine the water, sugar, and raspberries. Cook for about 5 minutes until the mixture is bubbling away and the sugar is dissolved. Stir and cook this mixture for another 5 minutes until the raspberries have cooked down.
2. Set a fine mesh strainer over a measuring cup or bowl and strain the saucepan mixture, pressing down on the raspberry pulp to squeeze out all the juice. Add the lemon juice and vanilla extract, and let this chill in the refrigerator.
3. To serve, fill a glass with ice and add 2-3 tbsp. of the raspberry syrup. Add about a cup of lemonade on top, and enjoy!

Making the perfect cup of tea

Loose leaf tea

One per person and one for the pot - making the perfect cup of tea

Everyone has an opinion on how to make a 'proper' cup of tea. The first ingredient must be leaf teas. Not tea bags and certainly not powder. Only black tea is considered real for a cup of tea in Britain. Black tea is the dried and fermented leaves of the tea plant, *Camellia sinensis*.

- Fill a kettle with fresh water and bring to the boil.
- Warm the teapot with a little of the boiled water swirls it around the pot and discard.
- Place one tsp of fresh, leaf tea per person plus one for the pot.
- Top up the teapot with the boiling water (do not allow the water to go off-the-boil or it will not be hot enough to brew the tea).
- Leave to infuse for 3 to 4 minutes, no longer or it will develop a 'stewed' flavour.
- Pour the tea through a tea-strainer directly into clean - preferably - china teacups.

Tea bags

1. Treat your water kindly

Run the tap a little so the water's nicely aerated, and only boil it once to keep the oxygen level up. Oxygen in water helps flavour!

2. Keep everything toasty

Tea likes hot water, but a chilly teapot cools things down – so swirl a little boiling water around the empty pot first. For bonus points, use that water to warm the cups too.

3. Add tea and water

Add two tea bags to a regular teapot or one tea bag to a mini teapot. If you're using loose tea, add one teaspoon per person and one for the pot. Pour the hot water in and stir a bit.

4. Wait patiently

Tea needs time to unlock all its flavour, so give it 4-5 minutes to do its thing. This is a perfect time to munch a sneaky biscuit or daydream about holidays.

5. Customise your brew

We like a splash of semi-skimmed or whole milk, but your brew is unique to you – so add milk, sugar, honey, lemon or nothing at all. Most importantly, enjoy!

Milk in first or tea in first?

Debate continues about whether to put milk in the cup before pouring or after. Originally milk was always added before the tea to prevent the hot teas from cracking the delicate bone china cups. Tea experts agree with this tradition but also state, pouring milk into hot tea after pouring alters the flavour of the tea. Scientists from

Loughborough University believe that you should always add milk **BEFORE** the tea.

Research revealed that pouring cold milk into your teaming mug causes the fluid to heat unevenly and clump together. This could affect the taste and contribute to the skin or film that forms on the top of your cuppa.

Hot drinks served cold

People are familiar with the taste of tea and coffee, which they will be used to consuming hot, but why not try them with a twist and serve cold? You can try this with frappe coffee traditionally found in Italy and Greece, or iced tea popular in the USA.

Café frappe 1

Prep time - 5 minutes

Ingredients

- Shaker or jar with a tight-fitting lid or drink mixer
- 1 cup water (cold; divided)
- 1 tsp. instant coffee
- 3 to 4 ice cubes

- Straw

Optional:

- 1 tsp sugar
- Milk (to taste)

Method

1. In a shaker or jar, add 2-3 tbsp. of cold water, 1 tsp. of instant coffee and sugar to taste (1 tsp. of sugar for medium-sweet).
2. Close tightly and shake for 10 seconds, until the mixture appears to be all foam.

3. Pour the foam into a water glass. Add 7-8 floz. of water, 3-4 ice cubes, milk to taste and stir.
4. Serve with a straw

Top tip: for fortifying, use condensed milk. This makes the drink creamier and sweeter, as well as upping the calories.

Café frappe 2

Prep time - 5 minutes

Ingredients

- 200ml strong coffee, chilled
- 50ml whole milk
- 1-3 tsp sugar syrup
- Ice cubes

Optional:

- Ice cream or whipped cream to serve

Method

1. Pour the coffee into a blender with the milk and 2 or 3 handfuls of ice cubes.
2. Add as much sugar syrup as you like, starting with a small amount – you can always stir more in at the end if you'd like it sweeter.
3. Blend until the ice is broken into an icy slush and is foamy.
4. Pour into a glass, and add a scoop of ice cream or some whipped cream if you like.

Top tip: for something a little different, why not try an "Affogato" – a scoop of vanilla ice cream topped with a shot of hot espresso. A great end to a meal or as a summer time pick-me-up.

Citrus ice tea

Prep time - 15 minutes plus cooling time

Ingredients

- 6 teabags
- 1.2ltr of hot water
- 2 tbsp. of sugar
- 10 sprigs of mint
- 300ml orange juice
- Juice of 1 lime
- Orange and lime slices plus mint leaves to garnish
- Ice to serve

Method

1. Make the tea with the water and the sugar. Add mint to the pot and infuse for 10 mins. Strain and cool.
2. Pour into a jug, stir in the juices and serve with orange slices, mint and plenty of ice.

Strawberry ice tea

Prep time - 10 minutes plus cooling time

Ingredients

- 1ltr filtered water
- 4 tsp. loose rooibos tea
- Strawberry simple syrup
- Ice
- Fresh strawberry and lemon slices for garnish

Method

1. Bring the filtered water to a boil. Add the rooibos tea and steep for 5 minutes.
2. Pour the tea through a fine meshed strainer, then let it come to room temperature. Refrigerate until completely cool (about one hour).
3. To assemble the strawberry iced tea, add ice to a glass and fill about $\frac{3}{4}$ of the way with the tea. Add a few tbsp. of the strawberry simple syrup (or more as per your taste).
4. Garnish the glass with fresh strawberry and lemon slices.

Cold environments

It is easy to remember to consider hydration in hot weather, but remember our bodies can lose as much fluid in cold environments as in hot environments due to high rates of energy expenditure to keep warm and the use of heavy clothing. Fluid losses are commonly thought to result from increased urination induced by the cold and greater respiratory water losses due to higher rates of evaporation from the lungs in exhaled air. If exercise or heavy work is carried out whilst wearing highly insulating clothing, heat stress can occur.

Stimulating thirst mechanism

According to research by the National Association of Care Catering, seeing pictures of water droplets will subconsciously trigger the thirst mechanism. This is an easy and cost-effective tactic that anyone can implement at home if they are worried about how much fluid a loved one is consuming.

Iced jugs/glasses naturally accumulate condensation on them - as you see the water on the surface run together into droplets, they roll down the vessel slowly and it encourages a person to drink. This can be replicated with pictures of water droplets.



Thank you

We hope you have enjoyed reading our booklet to help you and your family stay better hydrated.

Please note that the advice given should never replace input from a qualified doctor or speech and language therapist.

Always consider whether the person you are preparing the drink for is at risk of choking from eg ice or garnishes and, if this is the case, carefully remove these items before serving.

If you have any concerns about a loved one who may be at risk of dehydration, please discuss the matter with their GP or by calling NHS 111.

If you would like to know more about dining and nutrition in Care UK's homes please visit careuk.com/care-homes/our-care-homes/food-and-dining

With thanks to James Clear and Andrew Mussett

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