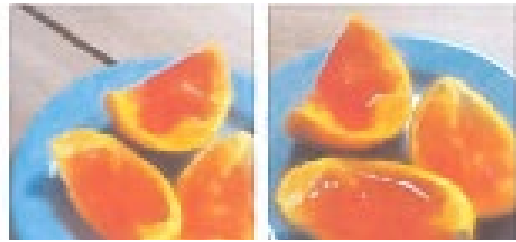


Hydration Ideas

Melon Jellies & Orange filled Jellies

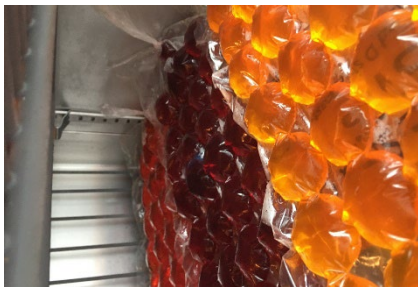


Frozen Banana penguins and strawberry Santas – activities with residents



Hydration Jelly sweets

The home started in their cookery club making jelly sweets that are made in ice cube bags that can be popped out when set so this is a good source of fluid and the residents love to eat these as they are sweet and juicy, they also make diabetic ones with diabetic jelly.



Soda Floats



Hydration posters created by the homes – can be found at <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>

Decorated drinks trolleys to make them more inviting



Hydration Stations, Fridges & Ice Cream freezers for residents to help themselves, don't forget to put signs up saying help yourself, Free! Try making it into a resting station with a couple of comfy chairs and magazines, residents can help themselves to a drink and have somewhere to sit and drink it without having to navigate their way back to a chair with the drink and a walking stick or frame!



Games involving drinks

Hydration Bingo – residents have a drink every time they get a number on their card and in between each bingo call

Fruit Pong – residents throw a ping pong ball into a bucket and every time it goes in the bucket they have a drink

“I spy with my little eye”. Each resident is given a glass of juice, and then the activities co-ordinator will start saying take a sip if you see something beginning with (then a letter).

Guess the traditional flavoured drinks. The drinks include the likes of Limeade, Tizer, Cream soda, Cloudy Lemonade and even Dandelion and Burdock. Residents try the drinks and prompts reminiscence. The residents tasted and then ranked their favourite to least favourite and the favourites are now included on the drinks trolley and at mealtimes.

Care home adapted games to increase hydration. ‘Twister with a twist’ - Instead of sticking to the traditional rules of the game, we laid down the twister mat and put chairs going around it, once staff had sat down around the mat we explained that each of them would be given a bean bag to throw and whatever colour circle the bean bag landed on they would be given a drink of that colour.



Picture shown is idea been shared at the Prosper Champions days with other homes to encourage them to introduce the idea - see below care home implementing with residents.

See Pink Think Drink initiative – Operation N.U.T.I (No UTI!)



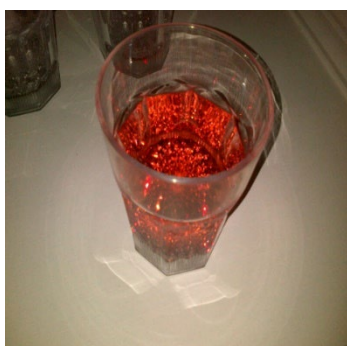


One home Created a document with pictures of the different kinds of cups in the home and how much fluid they all contain to make it easier to complete fluid charts and gauge how much a resident had drunk.

Drinks Menu



Hydration Doileys – to highlight those who need prompting



Specially purchased beakers (right) with twinkling lights in the bottom to encourage some residents living with dementia to take more fluid. Glasses that light up when you lift them up and tip them to drink from.

Using sports water bottles for residents who found it easier to drink from than a cup or beaker. Some would clip these to their walking frames and take them with them wherever they were in the home

A Litre Before Lunch

Time Court Care Home

Excelcare
The premier care provider

THINK DRINK !

Get hydrated

Reduce falls

Fight UTIs

Maintain good kidney function

Promote good skin integrity

Improve vitality

Help to reduce confusion

1.5.00 2014

CHEERS

1.2.00 2014

A LITRE

1.1.00 2014

BEFORE

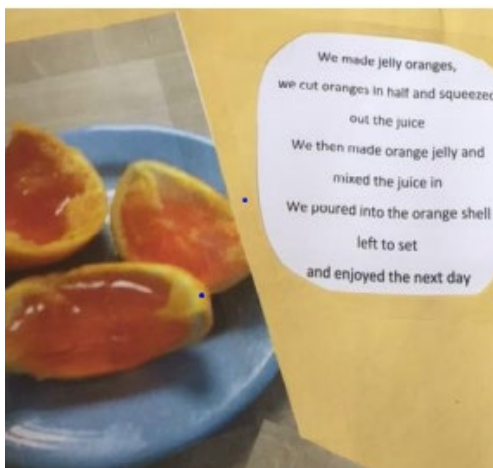
1.0.00 2014

LUNCH

0.7.00 2014

A litre before lunch / Aug 2 / Oct. 2016 / GS/LC

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Fruits filled with Jelly. Being creative with jelly and filling different fruits including, strawberries, oranges and even watermelons.

Smoothie Taster Mornings and making it more fun with Caribbean style names and drink umbrella's to jazz things up.

Angel Delight Ice Lollies, including ones that look like the Fab ice lollies complete with sprinkles.

Themed Events/ Occasions



The fantastic Mad Hatters Tea Party complete with melon teapot and fruit pizza to name just a few treats.

'Fruity Friday', 'Milkshake Mondays', 'Trifle Tuesdays', 'Wobbly (jelly) Wednesdays' and 'Smoothie Saturdays', which is a good opportunity to use up any fruit left over from 'Fruity Friday'

Themed Event for Hydration week



The home celebrated with a Hawaiian themed event which included smoothies, fruits and jellies. Staff dressed up in Hawaiian attire. The home also held a day of flavoured hot chocolate with whipped cream and mini marshmallows, Horlicks, herbal tea and Bovril served on their Hot Drinks Trolley.

Booster Snack Boxes- reduces UTI's & improves Nutrition

A care home in Clacton had a focus on Nutrition and Hydration. Through auditing the residents weights and MUST score, they found just under half of their residents had a MUST score 1 or higher and decided this was an area that needed to be addressed. The home manager developed a chart, which colour codes resident's needs, making it easy for staff to read and understand: Low MUST score and healthy weight - GREEN Medium MUST score, poor appetite, losing weight - AMBER High MUST score, low BMI score, very poor appetite – RED Using the EPUT Food First 100 Calorie guideline in the Prosper Tool Kit, they made up a Booster Snack chart which looks similar to a MAR chart. Staff put a tick against the snack which has been given to a resident. They have made different coloured snack boxes which are already made up and quick for staff to access, offering to residents throughout the day and night. Snacks in the snack boxes include; Jelly babies, Jaffa cakes, Shortbread biscuits, Dried fruit, Chocolate and Cheesy biscuits Each portion is 100 calories. Staff aim for 5 portions of 'booster snacks' for each resident throughout the day, giving them an extra 500 calories per day. Milkshakes are also offered at the end of each meal as additional calorie intake. Implementing the Booster Snack Chart has seen a huge improvement in UTIs, the last 2 months the home have not had any UTIs and they are seeing gradual weight gain with many of their residents.

See Pink think Drink

This care home introduced the Think Pink initiative at their home, and even taken it one step further by incorporating it into the home's hydration station. The hydration station includes an array of different style drinks, fruit, cream shots and jelly, as well as other tasty snacks for the residents to enjoy throughout the day. For the residents who are at higher risk of dehydration, and need their fluids pushed, the home has pink personalised cups with the resident's names on them. This acts as a visual aid for staff so they can see at a glance which of the residents require fluids pushed. For the residents who stay in their rooms, they have introduced a pink droplet on their door, which acts as a visual reminder for all staff.





Jelly Champion to increase fluid intake such as introducing Jelly rounds, much to the residents delight! There is even a Jelly Champion, carer who is responsible for making sure there is a constant supply of jelly on hand.

Spooky Treats at The Lodge Maldon



Spooky fruit punch” and grisly jellies!!!!

Coloured Cups

One of the homes PDSA cycles is to use different coloured cups to signify the time of day the drink is given, this will help monitor how much fluid residents are drinking throughout the day. The home is using Pink Cups for the Morning and Orange in the Afternoon, if someone still has a pink cup with drink in during the afternoon they need prompting to drink and extra attention given to fluid intake.

Smoothie Bar with different recipes, which are made up and then taken round to residents on a smoothie trolley

St Patricks Day Themed Event to increase Hydration & Nutrition



It was lovely to see residents keeping hydrated with a St Patricks Day themed tea party, as part of Nutrition and Hydration week. The delicious looking treats consisted of: Green jelly with kiwi Irish cream drink Lime squash Chocolate brownies with green icing. Flans The residents also made the decorations for the event included pictures of leprechauns and a shamrock.

National Watermelon Day



This home decided to celebrate National Watermelon Day at the beginning of August by repeating an initiative featured in a very early edition of the PROSPER Newsletter, by creating sliced Watermelon jelly, using an actual Watermelon as the mould. In addition they naturally made good use of the fruit they had scaped out of the watermelon to create Watermelon smoothie. Together with Jelly Hydration sweets the home has been making, they used all these things to create a really vibrant, colourful hydration trolley, to tempt their residents to take on some extra fluid during the hot summer weather we were experiencing at the time. Home manager told us that, unsurprisingly, these all proved very popular with the residents, so much so that they have continued with this initiative. She went on to explain that they have recently had a married couple move into the home and they are both always keen to get involved and asking if there is anything they can do to help out. As the lady used to work as a school dinner lady, it felt to good an opportunity to miss, and the couple have taken great delight taking the trolley around the home.

Snowflakes on the door – to help all staff promote the residents in the room to drink more

Jugs of juice - on offer throughout the home, after discussion home also added pictures on the front of the juice jugs.

Tea Tasting – Which was held on an afternoon and had a number of teas from all around the world.