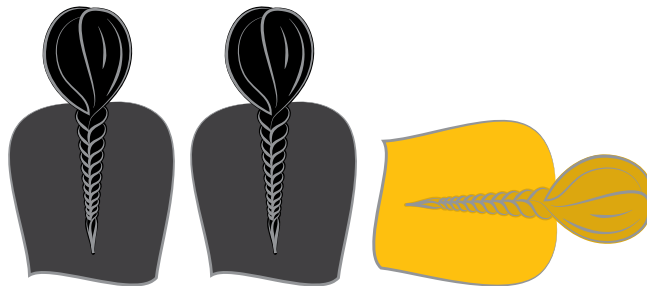


HYDRATION TIPS FOR ELDERS

Every year, **20-30%** of Elders 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, and might take medications that make you lose water.



Symptoms of Dehydration

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.

Please note: Dehydration can happen when your body loses too much fluid.



KEEP YOUR MOCCASINS MOVING!

Kee Tas Kee Now Tribal Council | E-mail: injuryprev@ktcadmin.ca

FindingBalanceAlberta.ca

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.
- Tired of water? Drink herbal or traditional teas.
- Eat fruits and vegetables.
- Wear a hat outside to keep your head cool.



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

Speak to your nurse or doctor if you have concerns about dehydration.



This resource was adapted with permission from *Finding Balance*, an initiative of the Injury Prevention Centre.
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