



## Water and Healthy Ageing Hydration Best Practice Toolkit for Care Homes

### 11 Hydration best practice – care home water audit

**Photocopy this sheet and then tick off and count up the statements you can answer with a 'Yes'. Scores are analysed over the page.**

- You are clear about the benefits of improving water provision in your care home.
- You have a clear strategy to promote water provision and consumption.
- You consulted and involved the rest of your team.
- You are clear about what you want your hydration strategy to achieve.
- You have a simple and clear code of conduct for providing water.
- You have decided how and where water will be provided.
- You have managed to make water available to able bodied residents and staff throughout the day.
- You have managed to make water available to less able bodied residents and staff throughout the day.
- You are now actively encouraging consumption of water for residents.
- The residents are regularly informed about the health benefits of drinking more water?
- The residents have been consulted for their ideas on how water might be promoted and consumption increased.
- You have a procedure for recording whether residents drink enough.

*continued over>*



Your strategy allows for increased promotion of water:

- in hot weather.
- when residents exercise.
- when residents are outside the care home, on trips or visits.
  
- You have established a system to ensure all the water facilities are cleaned (including cups, glasses and jugs).
  
- Residents can ask for and access toilet facilities when they need them.
  
- The toilet facilities are well maintained and regularly cleaned.
  
- You have planned how you will now monitor and evaluate the impact of improved water provision on residents.

## How did you do?

**Count up the number of boxes you have ticked and assess your current practice.**

### Score

- 0-5** You are underway but more work needs to be done. To make sure you and your residents get the health benefits of good hydration, you and/or your team should retrace your steps and look again at the areas you could not tick off. What needs to be changed to improve your score?
  
- 6-10** Well done on getting this far. With this score you will soon be on the way to establishing a successful strategy for promoting water. You can use the toolkit factsheets and checklists to work out where you can implement change and you will soon be able to help improve your residents' hydration and well being.
  
- 11-14** You have come this far and are approaching the score for hydration best practice. With so much achieved, it is now simply a case of refining your efforts and looking at the individual areas for change.
  
- 15-19** Congratulations, you have done very well and will now be making a real difference to the health and well being of your residents. If you did not score full marks, talk to your team about the areas you missed and how you can take the last few steps to hydration for all.