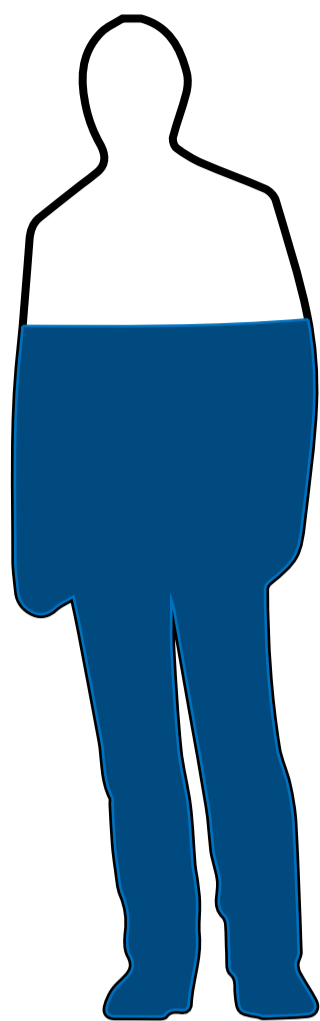
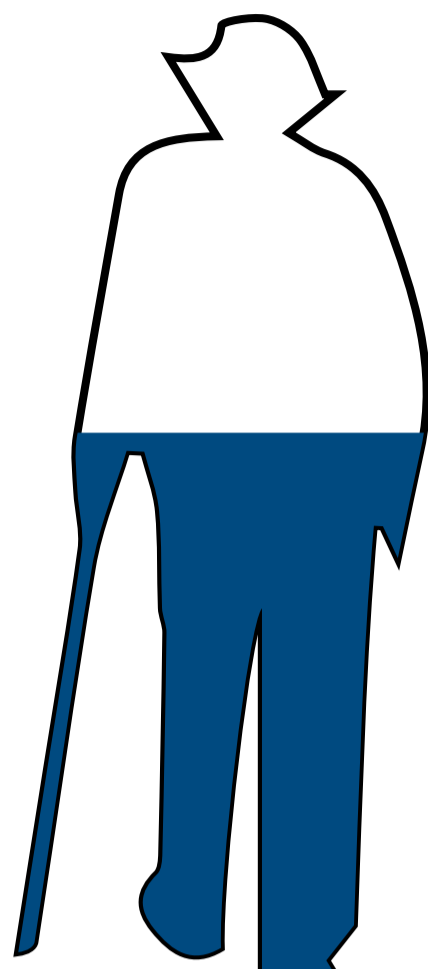


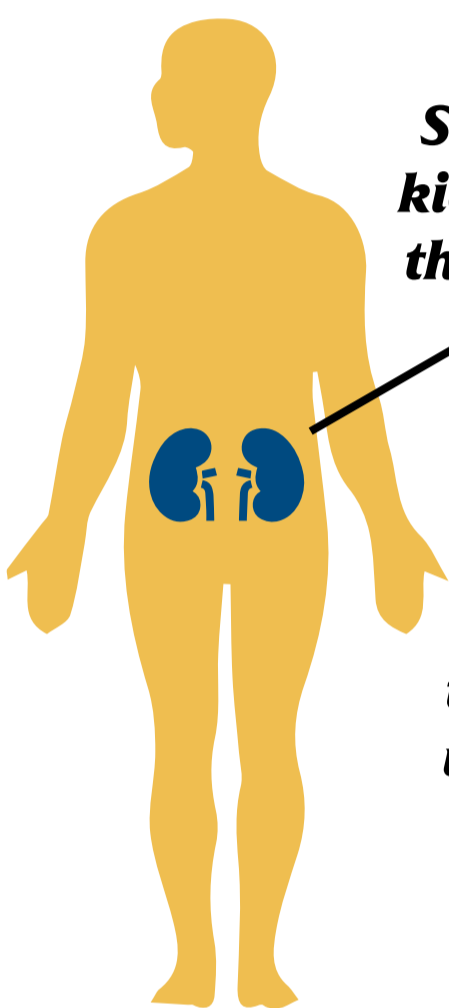
Older Adults and Dehydration



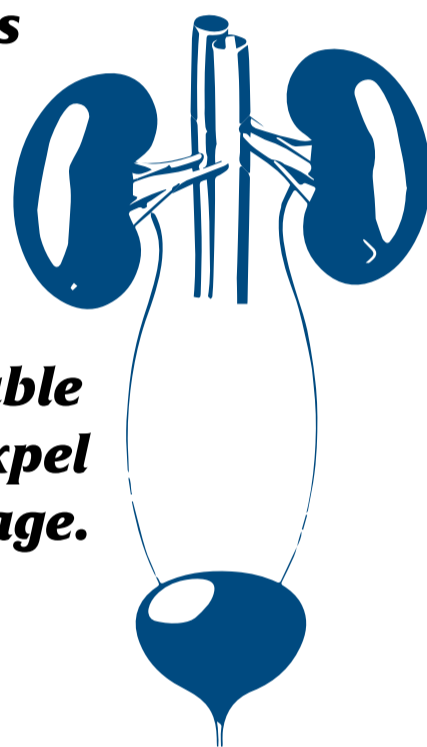
By the time you're 80, you have 15% less water than when you were 20



Starting around age 50, the kidneys begin to lose some of their ability to remove toxins from the blood.



Because kidneys are less able to concentrate urine, we expel water more quickly as we age.



Drugs such as those used to treat high blood pressure, can cause more frequent urination or perspiration, which interferes with fluid balance.



Because our taste buds decrease as we age. Older people lose the sensation of being thirsty,



Body weight (in pounds)

3

=



ounces of water needed daily

Sources

"Oral Hydration in Older Adults: Greater awareness is needed in preventing, recognizing, and treating dehydration," June 2006, American Journal of Nursing | "Hydration and the elderly," Hydration for Health | Prevention of Dehydration in Independently Living Elderly People at Risk: A Study Protocol of a Randomized Controlled Trial," Oct. 19, 2015, International Journal of Preventive Medicine | "Dehydration," Nursing Home Abuse Guide | "Dehydration: Risk factors," Mayo Clinic | "Dehydration: A Hidden Risk to the Elderly," Parent Giving | "Elderly Dehydration: Prevention & Treatment," April 21, 2015, A Place for Mom