

**Hydration Action Plan**

At this stage you will need to work with as many different departments in your home as possible - from care/catering/ activities/housekeeping/team leaders/managers/nurses to decide what action each group of staff could take to support each action in the Action Plan:

1. **Cross out the actions not needed or not applicable for your home, leaving a choice of 3-4 realistic actions for your team**
2. **For these remaining 3-4 actions discuss what each group of staff will do to support the plan** (every group should be involved in at least one action):
3. **Once completed, make sure to provide copies of this action to plan to each department lead.**

|  | **Care staff actions** | **Catering staff actions** | **Activity Team actions** | **Managers/Leaders actions** | **Housekeeping actions** |
| --- | --- | --- | --- | --- | --- |
| Action: ensure all residents get at least half a glass (150ml) of fluid with medication at every round. |  |  |  |  |  |
| Action: every resident will be offered a hot drink during or before personal care, and before breakfast.  |  |  |  |  |  |
| Action: Ensure every resident is offered at least 3 drinks during breakfast. |  |  |  |  |  |
| Action: ensure that when a residents visitors arrive that the resident and visitors are all offered and brought drinks. |  |  |  |  |  |
| Action: ensure that there is fresh drinking water in every bedroom within reach of the resident every evening before bed. |  |  |  |  |  |
| Action: a member of staff is delegated to discuss drinking and continence support, including favourite drinks, every season. Discussions will be with the resident, and alongside their close family where possible. The plans will be accessible and up to date.  |  |  |  |  |  |
| Action: residents are actively supported to sit and chat together after all meals and offered cups of tea or coffee to support interaction. |  |  |  |  |  |
| Action : Activity coordinators will work to develop a range of activities focussed on drinking and ensure that at each activity session residents attending receive at least one additional drink (additional to the normal schedule), supported by other staff. |  |  |  |  |  |


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