



The Importance of Drinking Water and Juices, Even If You Are Not Thirsty

Older adults have a decreased sensation of thirst. As a result they can get dehydrated easily, and without knowing it.

Dehydration can lead to confusion, damage to major organs and even death. It becomes extremely important to keep hydrated, especially in hot weather when one is perspiring.

Seniors should drink some amount of fluid every 2-4 hours even if they are not thirsty. A total of 4-6 or more daily servings of water and/or juice are recommended.

If you are a caregiver, be sure and offer people you care for fluids on a regular basis.