





A-Z of Hydration Activities

Why Activities?

Activities are a great way to educate staff and residents about the importance of good hydration while having lots of fun with different drinks and food with high fluid contents.

Activity Ideas

A	Afternoon Tea – hold an afternoon tea party. Remind people that tea is a good hydrating drink. Invite staff, friends and family to come and enjoy a cup of tea together.	
B	Bar – turn a corner of the home into a bar, serving a variety of non-alcoholic and alcoholic drinks. Encourage people to have a non-alcoholic drink alongside alcohol Beach Party – have a themed party, a great chance to show off your mocktail making skills with some grass skirts and sunglasses.	
C	Coffee morning or afternoon – maybe invite friends and relatives. Use the opportunity to highlight that coffee is a good hydrating drink, especially if made with lots of milk. Cordials – try different types of squash and cordials. Do residents have a particular favourite? Cups – Collect lots of different cups and mugs and have a trial session. Do some residents prefer a particular cup?	
D	Drink of the day – have a different special drink on offer each day, this could be a fruit juice, milkshake, smoothie, mocktails, fruit tea... there are masses of possibilities! Drinks Trolley – Make sure your activities and choices go to people who choose to remain in their rooms. The rattle of a drinks trolley can bring back memories.	
E	Enjoy a drink together – take some time to sit down with residents and have a drink and a chat. This can be of particular benefit to people who choose to remain in their rooms. Modelling drinking can also be very helpful to residents with dementia.	
F	Fun with Fruit – fruits are a great source of hydration. Have a tasting session of different fruits, including exotic fruit, or invite residents to help make a fruit salad from chopped fruit.	
G	Garden Party – take food and drinks outside to enjoy the great outdoors. Invite friends and family, why not try some special drinks on the day. Glasses – give residents the choice of different glasses to drink from. Would they prefer fruit juice from a wine glass? Are some glasses easier to drink from than others?	
H	Hydration games and puzzles – make sure residents and staff are aware of the importance of good hydration through games and puzzles. Have you downloaded Hydration Bingo or the word search from the Hydrate in Care Homes project website?	
I	Ice cream van – see if your local ice cream van will include your home on their route once a week. Ice cream floats – try making these delicious drinks with residents.	
J	Jellies – a great fun source of hydration! Make jellies with residents of different flavours using different shaped moulds.	
K	Kebabs (fruit and vegetables) – have a fun activity making fruit or vegetable kebabs from pre-cut chunks. Maybe try chocolate dips and sweet sauces with fruit kebabs and mayonnaise, salsa and other dips with vegetables.	

Don't forget to take into account food allergies, swallowing difficulties and individual resident preferences when planning and hosting activities

L	Lollies – ice lollies are great for keeping cool and hydrated in hot weather. You could make ice lollies with residents by freezing fruit juice, smoothies and mocktails.	
M	Mocktails – fruit, milk, yoghurt, fruit juice, syrups... mix them up and see what happens! You could hold a mocktail design competition with residents or have a mocktail of the day. Would staff from a local cocktail bar visit to help run an activity session? Milkshakes – great for hydration and for people who are struggling to eat enough.	
N	Name that drink – see if residents can identify different drinks, maybe just from the smell or from the taste as well. Can people tell the difference between different brands of tea?	
O	Orange juice – fruit juices are great for hydration. Try making fresh orange juice with residents by squeezing oranges. It doesn't have to just be oranges, try other fruits like watermelon in blender or juicer or taste different juices like pineapple or tomato juice.	
P	Pub night – go down the pub for a drink, or bring the pub to your residents! Try incorporating classic pub games like darts or skittles. Encourage residents to have a non-alcoholic drink alongside alcoholic drinks.	
Q	Quiz time – have you tried the hydration quiz in the Hydrate in Care Homes resource pack? (Answers in section 14 of the pack). Maybe try a quiz on fruit and vegetables, teas, fruit juices or other hydration related topics.	
R	Reminiscence – food and drink can bring back strong memories. Ask residents if there are any drinks that have a particular significance for them. This can be a great conversation starter during any of these activities.	
S	Smoothies – Blitz up fruit and vegetables on their own or with yoghurt or milk to make delicious smoothies. Soup – ask residents for ideas of the different flavours of soup they would enjoy and try soup making as an activity. In cold weather why not offer soup in the afternoon or evening?	
T	Tasting sessions – residents and staff could try different flavours of squash, fruit juice, teas, coffees, fruit, vegetables, soups and any other drinks and hydrating foods.	
U	Understanding – make sure everyone in the care home understands the importance of hydration. Discuss the facts and figures in the Hydrate in Care Homes project leaflet and ask residents for their suggestions to improve hydration.	
V	Vegetables – don't forget vegetables as a great source of hydration! Would residents like to grow some of their own vegetables, either inside or in a garden? Serve a classic dinner party favourite of dips and chopped vegetables, such as cucumber, carrots and celery. This could be a great conversation starter about residents' memories of hosting or attending dinner parties.	
W	Water – one of the best sources of hydration! Hold a tasting of flavoured waters, or maybe offer sparkling water with squashes or cordials in a wine or champagne glass. Elderflower cordial works particularly well.	
X	Xylophone – make watery music with a home-made xylophone of glasses filled with different amounts of water. Try different glasses for different notes. Make sure you all have a drink after the musical fun.	
Y	Yoghurts – a great hydrating snack, particularly for people who need a soft or puree diet. Why not make yoghurts at home with a yoghurt maker and starter culture? Or try different flavours of yoghurts.	
Z	Zzzz - bed time drinks. Hold a tasting session with residents trying different malted drinks, hot chocolates and cocoa's. What drink would your residents prefer to drink before bed?	

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