

FACT SHEET ON HYDRATION



1. Alzheimer's patients need about 6 medium-sized glasses of water per day.
2. Any food or liquid that includes water helps with hydration, e.g., jello, pudding, milk, etc.
3. Dehydration is lack of sufficient fluid.
4. Poor fluid intake produces confusion, agitation, and infections.
5. Poor fluid intake results in hospitalization of older persons.
6. Mild to moderate dementia patients forget where water is located.
7. Moderate to severely demented patients forget how to pour a cup and drink from a straw.
8. Severely demented patients may choke on liquids.
9. Poor fluid intake causes irregular bowels or rectal impaction.
10. Workers must regularly help Alzheimer's patients drink fluids to assure adequate hydration.