

# Healthier Together



**Improving health and care** in Bristol,  
North Somerset and South Gloucestershire

## Hydration innovation: Engaging people in the spring of technology

### Context and problem statement

There are 77 care homes for older people in North Somerset, with 2641 beds in these homes

People aged 65+, admitted to hospital from care homes are 5 times more likely to be dehydrated than those admitted from home.

## How can we help people drink enough?

Sycamore lodge



x 78  
Nursing  
Dementia  
Residential  
Respite  
Day Care





## Research activity to date

1. Mission hydration innovation  
What, How and When are people actually drinking?
2. Don't reinvent the water wheel?  
What is out there already?
3. 'Spring' into action!  
What do we need to learn?

### Observation and insight

Lead agency: *Voluntary Action North Somerset*

### Expert interviews

Lead agency: *Project team*

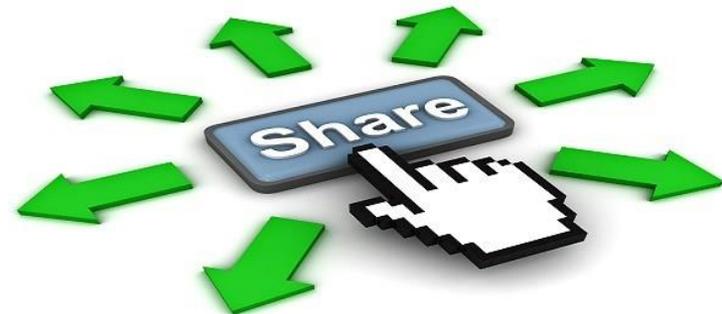
### Data

Lead agency: *Shaw healthcare*

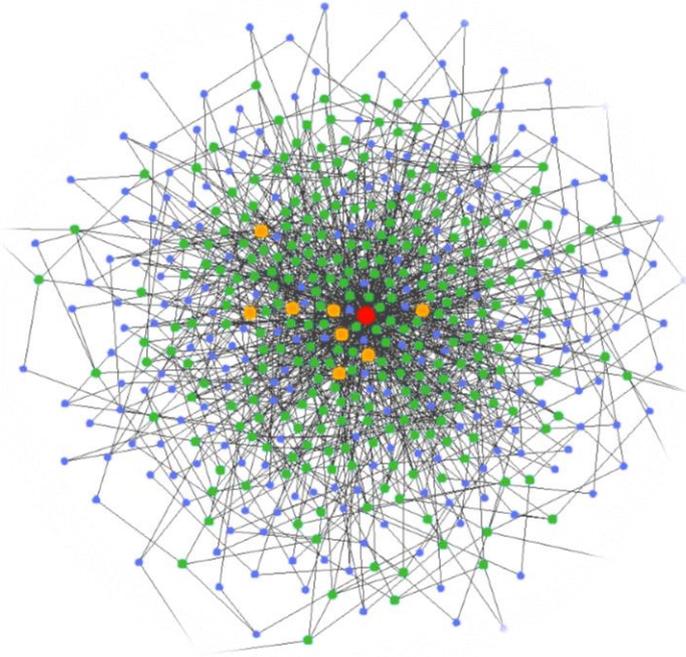
I like a nice cup of tea in the morning  
For to start the day you see  
And at half past eleven  
Well my idea of heaven  
Is a nice cup of tea  
I like a nice cup of tea with me dinner  
And a nice cup of tea with me tea  
And when it's time for bed  
There's a lot to be said  
For a nice cup of tea



# Pain points and problems



# Opportunities





Everyone's hydration need is different

Dementia can cause people's tastes to change

People enjoy different colours and textures when offered

Third party research partner working well

Difficult to track people's level of activity

Right drinking equipment is key to support hydration

## Insight

Tea, tea, tea

Promoting and support are key

Water served in 200ml – 250ml servings

Residents know about the importance of drinking water

Tea and coffee are hydrating if weak

If you offer people two choices they will often choose the second choice



## Next Steps

### Tame the whirlwind of data

- Thematic analysis
- Identify the gaps
- Celebrate the good practice and build on what we have found
- Engage with a digital specialist in order to build our ideas
- Ideas workshop
- Test our ideas with our care home residents and staff
- Find the picture of Sue in a grass skirt
- Write and submit the implementation plan

24 Tea  
Water  
Lights  
78  
Hawaii  
1 UTI

