

Specific Care Plan - Service User - Hydration

SERVICE USER:	Care commencing on:	NEXT REVIEW OF CARE PLAN:	
NEEDS IDENTIFIED	THE CARE PLAN		
	Observations / Actions Required	Planned Outcome	How this Outcome will be achieved
Encourage a drink after each meal and between meals. Aim for at least 8 cups of fluid per day.	Ensure that a variety of drinks are available throughout the day; tea, coffee, milk, fruit juice, water. This excludes alcohol.		
Encourage at least 2 nourishing drinks each day.	Provide malt drinks, milkshakes, fortified milk drinks, hot chocolate etc.		
Consider alternative food sources that can contribute to daily fluid requirements.	Provide from a selection of jellies, soups, yoghurts, milk puddings, custard, ice creams and most fruit.		
Do not wait for the service user to ask for a drink; remain vigilant to his / her needs.	Offer a drink at regular intervals and encourage a "top up".		
Provide drinks in larger, rather than smaller, receptacles.	People will tend to drink what is offered, within reason.		
Monitor and record fluid intake on a regular basis.	Use a Fluid Balance Chart.		
For Organisation:	Signature: _____	Name (PRINT): _____	Date: _____
For Service User:	Signature: _____	Name (PRINT): _____	Date: _____