



# DRINK TO HYDRATE



## Being hydrated can help with:

- Alertness
- Concentration
- Laughter
- Ability to talk
- Remembering names
- Sleeping at night
- Energy levels

## Dehydration can cause:

- Confusion
- Urine infections
- Increased falls
- Tiredness and feeling sleepy
- Dizziness
- Headaches
- Irritated bladder
- Dry mouth and skin



**Warwickshire Hydration Partnership** is a coming together of local, regional and national organisations to encourage better hydration for people of all ages across Warwickshire. The partnership includes: Age UK, Compass, HEART, NHS Right Care, NHS South Warwickshire CCG, NHS South Warwickshire NHS Foundation Trust, NHS Warwickshire North CCG, Severn Trent Water, Warwickshire County Council, Warwickshire Fire Service