THE MOST OVERLOOKED MEDICAL RISK IN AGING – DEHYDRATION!

What Every Senior Should Know about Water, the Heart, and Hospitalizations

Ask any provider what lands older adults back in the ER, and you'll hear the same culprits: falls, confusion, fatigue, and dizziness.

But what if the true trigger is something simpler - **dehydration?**

- A report from UCLA School of Nursing estimated that "up to 40 % of community dwelling older adults" may be chronically under-hydrated.
- Dehydration contributes to nearly 10 % of all hospitalizations for adults 65+. (National Council on Aging, 2023)
- Even mild dehydration can raise heart rate by 5–10 beats per minute and drop blood pressure to dangerous levels. (Harvard Health, 2022)

WATER IS A *HEART* ISSUE!

WHEN THE BODY LACKS FLUIDS...

- Blood thickens ➤ the heart works harder.
- Circulation slows ➤ oxygen delivery stops.
- Medications concentrate ➤ side effects intensify.

This creates a perfect storm for cardiac stress, dizziness, and falls —often misdiagnosed as "weakness" or "aging."



DEHYDRATION *DOMINO EFFECT*

Lack of Fluids ➤ Thicker Blood ➤ Heart Strain ➤ Low BP ➤ Falls ➤ Hospital Readmission



HOME CARE MAKES THE DIFFERENCE!

Professional caregivers are the daily hydration advocates every care plan needs. They support seniors and...

- Build hydration into each routine (morning, meals, bedtime).
- Offer flavored waters, soups, and teas that appeal to seniors.
- Track subtle warning signs before dehydration escalates.
- Report early signs to clinicians or family members.

Together we can reduce readmissions—and keep more seniors healthy, stable, and thriving at home.

Caring for you

Spring County

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