




**Healthy Ageing  
Tasmania**

# Classifying Fluids

Activity kit

**Healthy Ageing Tasmania**

 [health.tas.gov.au/healthyageing](http://health.tas.gov.au/healthyageing)

 [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

*Funded by the Australian Government Department of Health.*

*Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.*



**Tasmanian  
Government**

## What

**This activity kit can be used to talk about the importance of hydration with clients.**

Older people need at least eight glasses of fluid each day. This activity is designed to help older people identify different foods and drinks that count as fluid and can help them to stay hydrated.

This kit contains:

- 1 title page
- 1 introduction page
- 8 fluid picture pages
- 1 discussion points page
- 1 answers page.

## How

To prepare:

- Print pages 3 - 9 of this activity kit in colour.
- If possible, laminate the pages so they can be reused.
- Place pages picture pages side by side on a flat surface.
- Keep answers page hidden, to check answers at the end.

To play:

- Discuss drink choices with your clients and the importance of hydration for health. Use the Discussion page as a guide.
- Ask your clients to pick which items they think count as a fluid.
- Once your clients have decided which items count as a fluid, check the answers page.
- Go through the answers and encourage clients to discuss any items they were surprised by.



# Water



Does this count as a fluid?



# Milk on cereal



Does this count as a fluid?



# Jelly



Does this count as a fluid?



# Soup



Does this count as a fluid?



# Tea



Does this count as a fluid?



# Custard



Does this count as a fluid?





# Coffee



Does this count as a fluid?



# Icy pole



Does this count as a fluid?



# Stew or casserole



Does this count as a fluid?



# Spirits



Does this count as a fluid?



# Beer



Does this count as a fluid?



## Discussion points

- Staying hydrated is important for everyone, especially for older people.
- Older people are at higher risk of dehydration.
- Being dehydrated can make it harder to keep your balance, harder to think clearly, and increases your risk of constipation and urinary tract infections.
- As we age our thirst sensation decreases and we may forget to drink enough fluid. Older people may not feel thirsty but could be dehydrated.
- Some medications can also make you lose fluid by causing you to pass urine more often. It is important to drink plenty of fluids. Talk to your doctor if you are concerned about your medications or toileting habits.
- Some older people may have trouble getting a drink themselves or holding onto a cup.
- On warm days you may need to drink more than usual to make sure you stay hydrated, even if you don't feel thirsty.



## Answers to fluids activity

### Water

Yes. Water is a great thirst quencher. Try flavouring with fresh or frozen fruit.

### Milk (on its own or on cereal)

Yes. Milk is high in calcium and protein, which helps keep bones and muscles strong.

### Jelly

Yes. Jelly is a good way to increase fluids when unwell or when it's hard to drink enough.

### Soup

Yes. Soup is a good way to get fluid from a meal, as well as vegetables and/or meat.

### Custard

Yes. Custard is a good option to increase fluids if you have trouble drinking enough.

### Tea

Yes. Caffeine may have a mild diuretic effect in large doses but tea and coffee count towards fluid intake.

### Coffee

Yes. Making a milk coffee is also a great way to get extra protein and calcium.

### Beer

No. Alcoholic drinks are diuretics and do not count towards your fluid intake for the day. Choose alcoholic drinks like beer, wine and spirits in moderation.

### Casserole or stew

Yes. You will get a small amount of fluid from a casserole or stew, as well as vegetables and/or meat.

### Icy pole

Yes. Icy poles are a great option to help stay hydrated during hot weather or when feeling unwell.

### Spirits

No. Alcoholic drinks are diuretics and do not count towards your fluid intake for the day.

