

★照顧工作小訣竅★

引導長輩充足飲水

長輩由於生理機能的退化，對於口渴的反應變得遲鈍，若長期飲水不足，會容易陷入慢性脫水的狀態。



長輩不愛喝水原因

- 1 覺得水沒有味道
- 2 怕噎到，因此害怕喝水
- 3 擔心頻尿、常跑廁所不方便

家庭看護可以詢問並配合長輩喜好，調整給水的口感、容器及頻率，鼓勵並陪伴長輩飲水，才能讓長輩獲得足夠的水分唷



★ Tips Kerja Perawatan ★

Membimbing Lansia Memenuhi Kebutuhan Minum

Sehubungan dengan fungsi organ tubuh lansia yang menurun, sehingga reaksi terhadap rasa haus menjadi lamban. Apabila kebutuhan air tidak mencukupi dalam jangka waktu panjang, maka dapat mudah terjerumus dalam keadaan dehidrasi kronis.

Alasan Lansia Tidak Suka Minum Air

- 1 Merasa air tidak ada rasanya
- 2 Takut tersedak, oleh karena itu takut minum air
- 3 Khawatir jadi sering buang air kecil, tidak nyaman kalau sering ke kamar kecil

Perawat rumah tangga dapat menanyakan dan menyesuaikan dengan kegemaran dari lansia untuk mengatur rasa air, wadah dan frekwensi pemberian air, serta menganjurkan dan mendampingi lansia minum air, dengan demikian barulah lansia dapat memenuhi kebutuhan air.



★ Care work secrets ★

make sure seniors drink enough fluids

As many seniors suffer from degenerative ailments, they often have a delayed reaction to being thirsty. Moreover, drinking insufficient fluids for an extended period of time can easily cause a state of chronic dehydration.

Reasons seniors might prefer not to drink fluids

- 1 They may think water is tasteless
- 2 Be worried about choking and therefore scared to drink
- 3 Concerned about needing to urinate often and the inconvenience of having to go to the bathroom each time

Live-in care workers can ask care recipients what they prefer and cooperate by adjusting the type of fluids provided, the container in which drinks are served and frequency, encouraging seniors to drink and sitting with them, as only then are they certain to drink enough.

