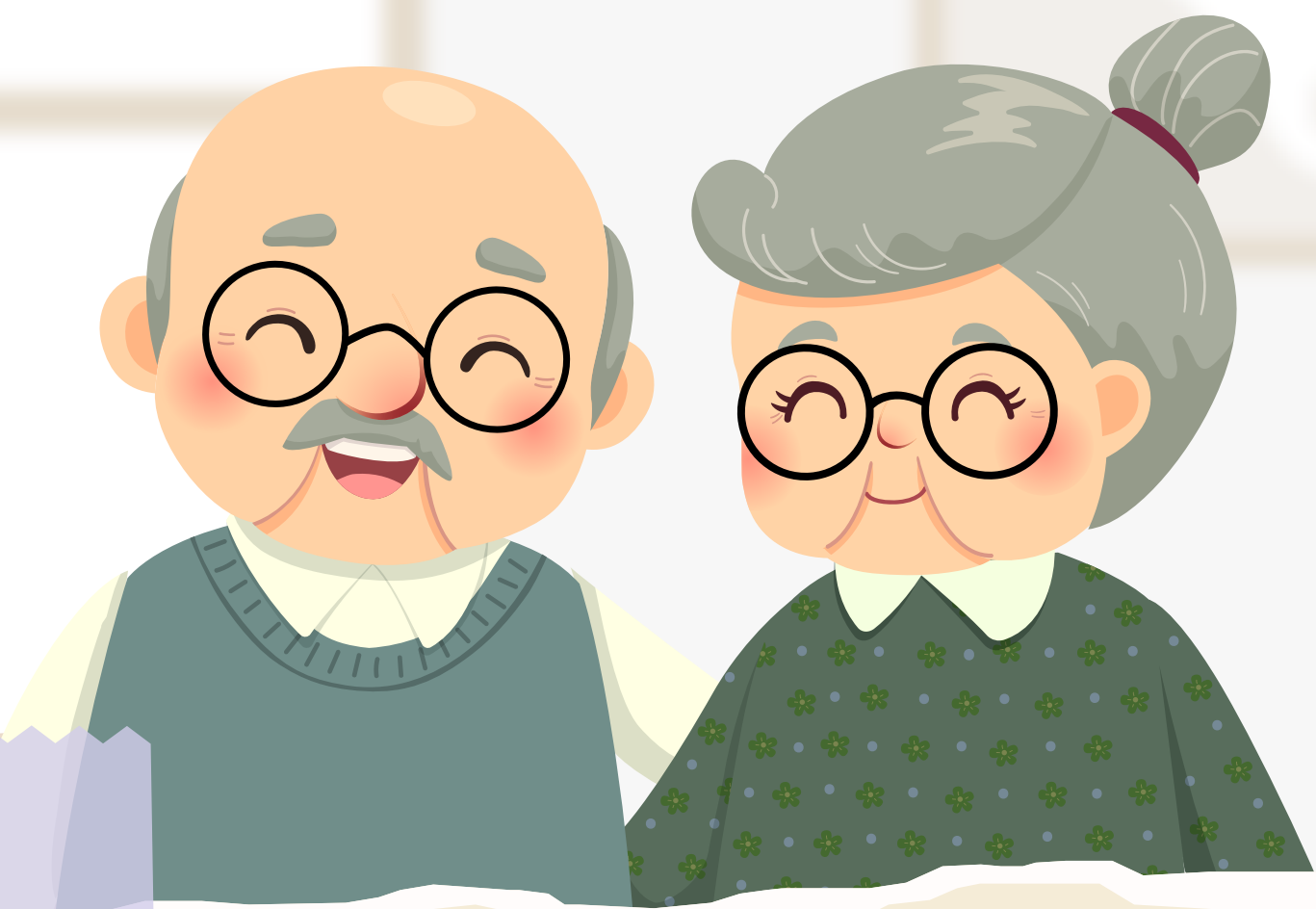


★照顧工作小訣竅★ 引導長輩充足飲水

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



★ Care work secrets ★

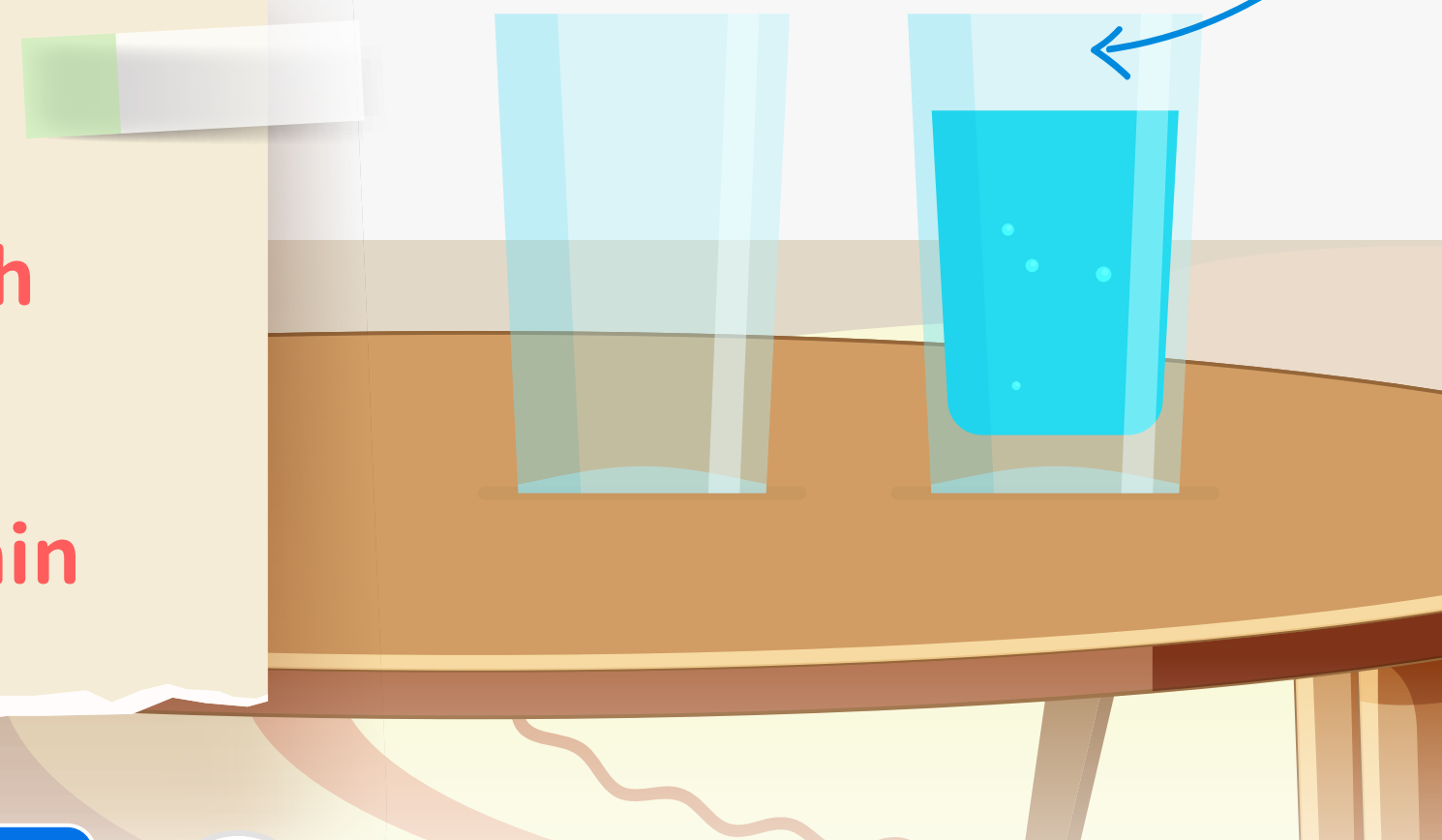
make sure seniors drink enough fluids

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 sit with them, as only then are they certain to drink enough.



★ Tips Kerja Perawatan ★

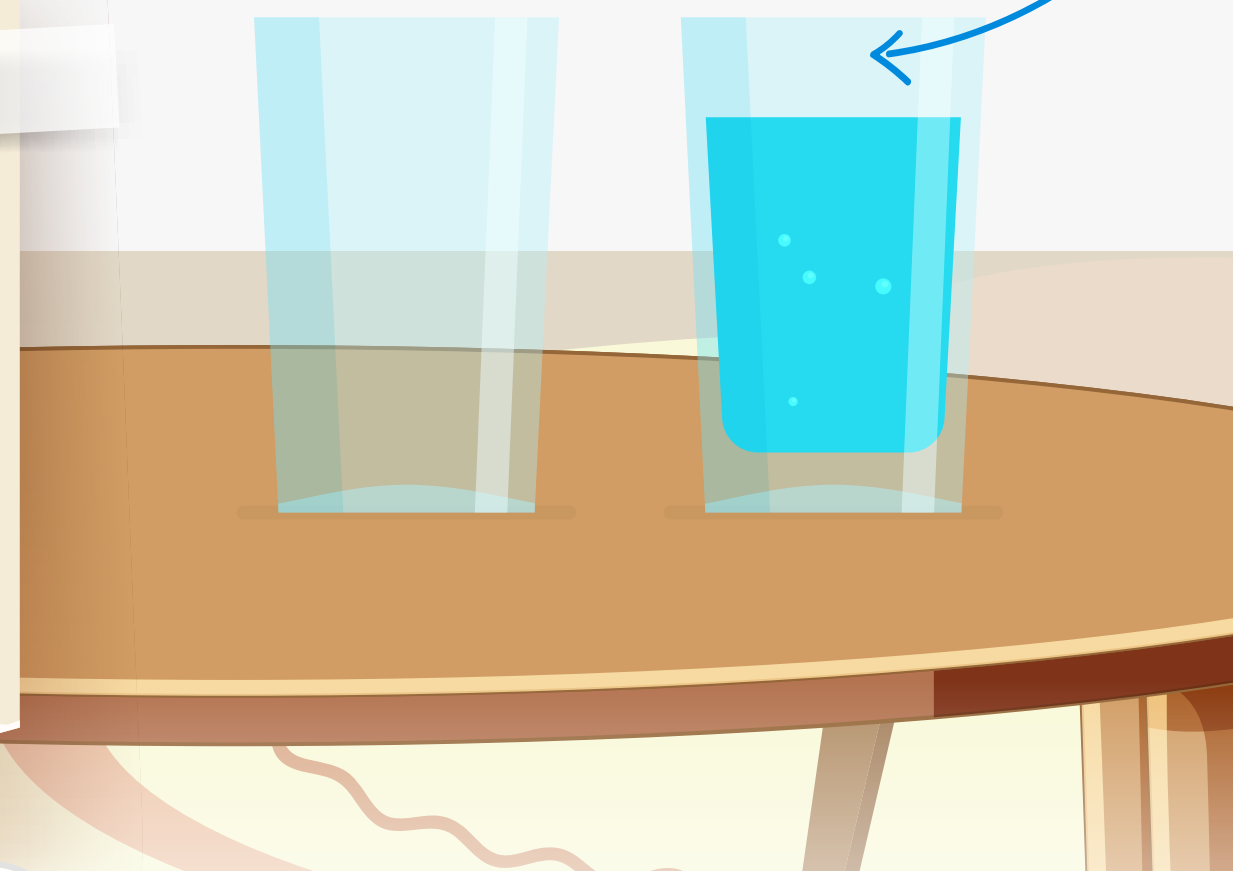
Membimbing Lansia Memenuhi Kebutuhan Minum

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.



★ Lời khuyên dành cho chăm sóc viên ★

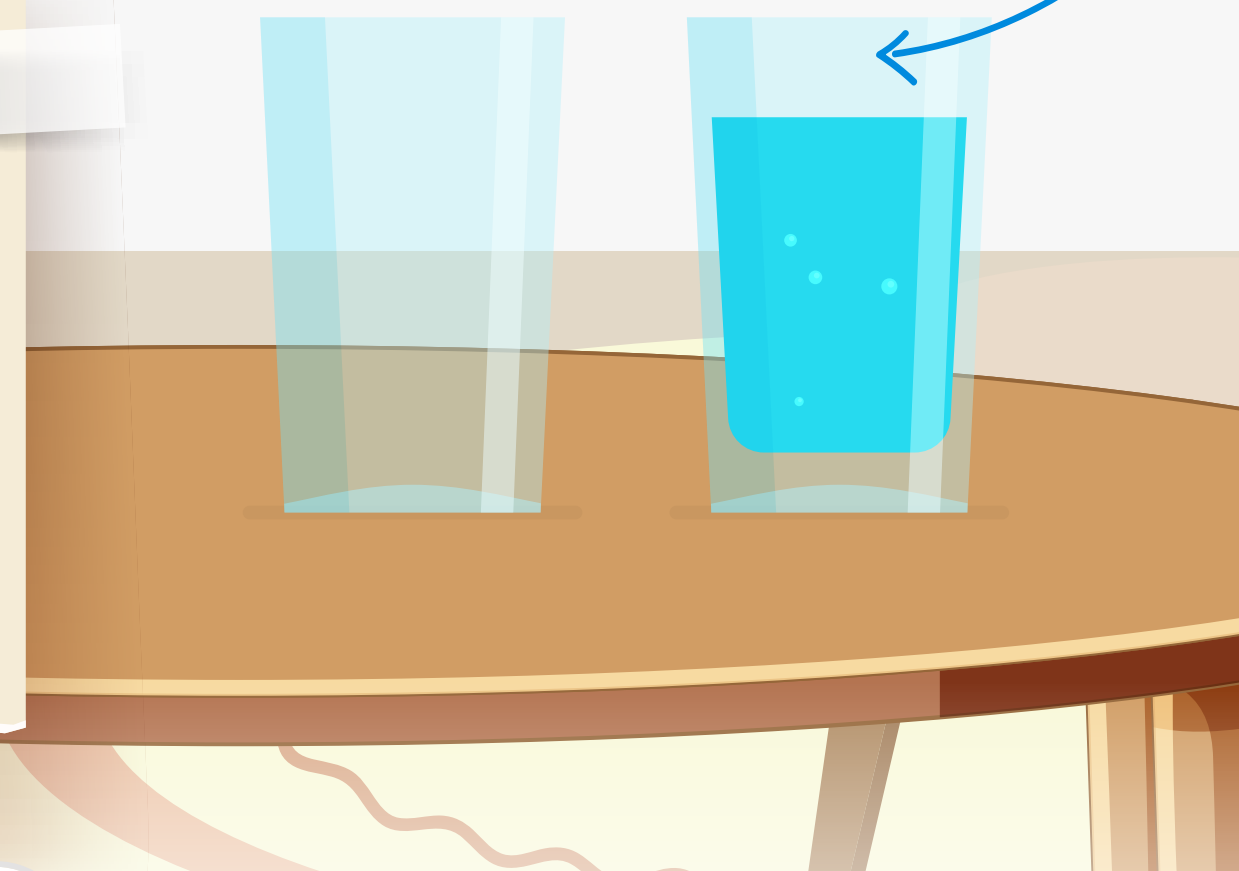
Hướng dẫn người già uống đủ nước

Do chức năng sinh lý suy giảm, phản ứng khát nước của người cao tuổi trở nên chậm hơn, nếu lâu ngày không uống đủ nước sẽ dễ rơi vào tình trạng mất nước mãn tính.

Lý do người cao tuổi không thích uống nước

- 1 Cảm thấy nước không có mùi vị.
- 2 Sợ nghẹn nên không muốn uống nước.
- 3 Lo lắng phải đi tiểu thường xuyên, phải đi phòng vệ sinh nhiều lần rất bất tiện.

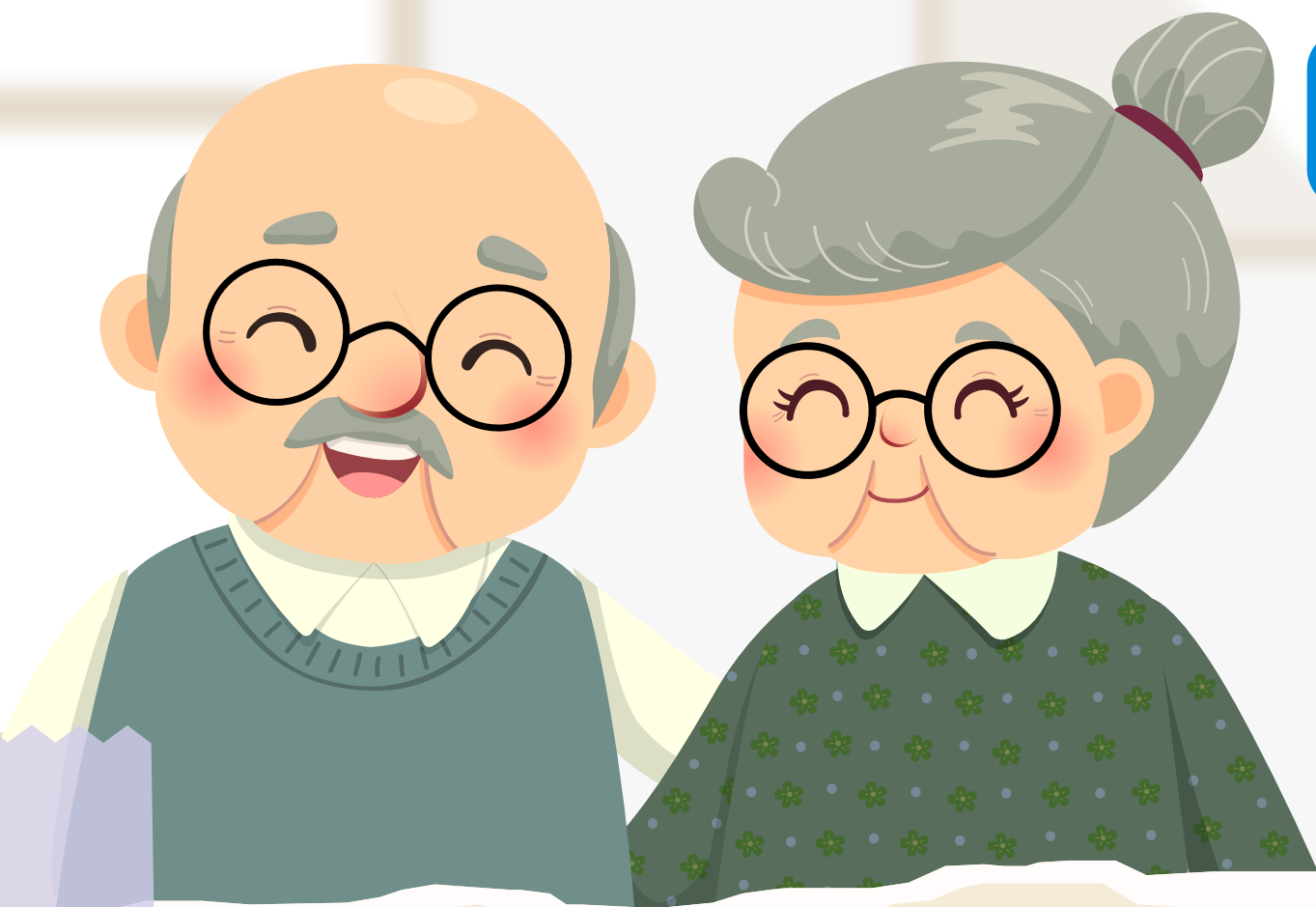
Khán hộ công gia đình có thể hỏi và phối hợp với sở thích của người cao tuổi, điều chỉnh mùi vị, bình chứa và tần suất cho uống nước, khuyến khích và cùng người cao tuổi uống nước để người cao tuổi uống đủ lượng nước.



★ เคล็ดลับวิธีการดูแลผู้สูงอายุ ★

แนะผู้สูงอายุดื่มน้ำให้เพียงพอ

เนื่องจากผู้สูงอายุมีสภาพร่างกายที่เสื่อมถอย ทำให้การตอบสนองต่ออาการกระหายน้ำล่าช้า หากดื่มน้ำไม่เพียงพอจะเสี่ยงต่อการเกิดภาวะขาดน้ำเรื้อรังได้ง่าย



สาเหตุที่ผู้สูงอายุไม่ชอบดื่มน้ำ

- 1 รู้สึกว่าน้ำไม่มีรสชาติ
- 2 กลัวสำลักน้ำ จึงกลัวการดื่มน้ำ
- 3 กลัวปัสสาวะบ่อย เข้าห้องน้ำบ่อยไม่สะดวก

ผู้อนุบาลในครัวเรือนสามารถสอบถาม ปรับรสชาติของน้ำ ภาชนะและความถี่ในการดื่มน้ำตามความชอบของผู้สูงอายุ พร้อมกับชักชวน เอาใจใส่การดื่มน้ำของผู้สูงอายุ

