

'Teach-Back' Roleplay Activity – Dehydration

In pairs. One person is the **'friend/relative'** who will be giving information and advice on hydration. The other person is the **'older person'** who is dehydrated.

Context: (both read)

An older friend/relative tells you that earlier today they felt dizzy and nearly fell over. They also mention that they have a headache. You ask them if they've had much to drink today and they say that they've only had one cup of tea this morning. It's now tea-time.

Play out the scenario. The 'friend/relative' should give some basic information/ advice on hydration. This should include:

- **You think your friend/relative is dehydrated.** This is because headaches, dizziness and lack of balance are symptoms of dehydration.
- **How much your friend/relative should be drinking.** They need to drink 6-8 cups or glasses of water a day.
- **Why older people are more at risk of dehydration.** This is because most of the body's water is stored in muscle. But as we age, we have less muscle (so less space to store water), which increases our risk of dehydration. This is why older people should drink little, but often (rather than a few larger drinks in the day).
- **Discuss ways they can try to drink more.** E.g. different types or flavours of drink. If relevant, mention daily living equipment and technology, to help make drinking easier e.g. two handled mugs or kettle tippers.
- **Use teach-back at the end to check understanding.** You could say that you've recently had some training or read some information on hydration, so it's been good to share this information with someone. Then you could say something like: "Just so I can check that I've explained it well to you, would you be able to tell me what you're going to try now and why that's important?".

Swap roles, if time.