



Dehydration in seniors often goes unnoticed, under-reported, and under-treated (Credit_Jelena Stanojkovic_iStock_1477165822.jpg)

Feb 22, 2026 08:31 EST

Confusion, Falls, Fatigue: A Glass of Great Tasting Water Could Prevent a Medical Emergency for Older Adults

Stockholm, Sweden, February 22, 2026 -- We all know water is good for us. But for the people we care about, like our parents, grandparents, or older friends or neighbors, staying hydrated is more than just good. It is often essential for staying healthy, alert, and active.

The truth is, as we get older, our bodies change. We do not retain water like

we used to. We do not feel thirst as before. We also do not recover from dehydration as quickly as we once did. Yet, dehydration in seniors often goes unnoticed, under-reported, and under-treated. This is a problem we can solve together.

Research shows that [total body water](#) declines with age. What was once roughly 60 percent of our body weight in young adulthood can drop to about 50 percent by the time we reach age 80, as muscle mass decreases and body composition changes. That means older adults start out with less "reserve" water to work with. According to a landmark [hydration review](#) published in the Journal of Gerontology, these physiological changes make seniors more vulnerable to even small fluid losses.

"It's especially important to watch for signs of severe dehydration," said Bluewater communications chief David Noble. He added that red flags include sudden confusion, rapid or irregular heartbeat, fainting, very dark urine, or inability to keep fluids down.

"If you notice any of these in an older adult, seek medical attention right away. Acting quickly can make all the difference" Noble stressed.

To make things even more complicated, the body's thirst mechanism weakens. So, not feeling thirsty does not always mean everything is fine. This can mislead both the person and those around them into thinking there is no problem when there actually is.

There are several reasons why this doesn't get recognized sooner: One, older adults may not feel thirsty until they're already dehydrated, and , two, symptoms can look like something else. Confusion, fatigue, dizziness, or even mood changes might be chalked up to "normal aging" when dehydration is at play. One [study](#) found that even mild dehydration can affect muscle function and increase fall risk.

Drinking less fluids isn't always the only issue.

Long-term conditions such as diabetes or heart disease, which are common in older adults, can affect how the body handles water. For example, if your loved one is managing diabetes, encourage them to drink a glass of water each time they check their blood sugar. Linking fluid intake to a daily routine, such as glucose monitoring, can help keep hydration on their radar and

support better overall health.

If your loved one has been advised to limit fluids, such as with certain heart or kidney conditions, or if they have trouble swallowing (dysphagia), it's important to follow their healthcare provider's instructions. In these cases, ask their doctor or nurse about safe ways to manage hydration, such as using thickened fluids or other alternatives as recommended.

Some medications (especially diuretics) make people lose more fluid than they realize.

Physical challenges, such as shaky hands or slippery surfaces, can make getting a drink harder than you might expect.

Taste also plays a bigger role than many families realise. If tap water carries a strong chlorine or chemical flavour, that alone can put someone off drinking enough. At Bluewater, we see this every day. The company's [SuperiorOsmosis™](#) purification technology removes chlorine and other unwanted contaminants, and our remineralisation [LiquidRock®](#) solution restore essential minerals to improve flavour. When water tastes clean and fresh, people naturally drink more of it.

All of these factors add up. An American [study](#) found that if not addressed, dehydration in older adults is linked to dramatically worse health outcomes, longer hospital stays, and higher readmission rates.

The good news is that there is a lot we can do to help older senior citizens stay healthily hydrated.

- Make water visible. If your loved one does not have a glass or bottle within easy reach, making sure they see liquids regularly can help them drink more often.
- Mix it up. Remember, taste matters and water does not have to be plain. Add slices of fruit, or try teas, soups, or smoothies. They all count toward proper hydration.
- Build habits, not nagging. According to a [review](#) by Jacquelyn Pence and colleagues, drinking small amounts of fluids at intervals throughout the day can be more effective for maintaining hydration in older adults than consuming large amounts at once. Regular, gentle reminders to drink fluids are

also more successful at promoting hydration than a single, intensive discussion.

- Notice the faint signs. Is she quieter than usual? More tired? Is his urine darker than pale yellow? These are signs to pay attention to, not least in people who do not mention feeling thirsty. If you notice any of these signs, or if you are unsure, do not hesitate to call a doctor or seek medical advice. Acting quickly helps keep your loved one safe and ensures they get the right care.

We should all do our best to remember that dehydration does not only happen during summer heatwaves. It can quietly harm health over time. Helping older adults stay hydrated can keep them sharper, steadier, and more independent. All it takes is awareness and a bit of consistency.

So today, take a glass, fill it up, and hand it to someone you care about. Because hydration isn't just about water. It's about quality of life.

#Ends

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About Bluewater

Founded in 2013 in Stockholm, Sweden, Bluewater aims to be the world's most planet-friendly water purification and beverage company. The company designs hydration solutions for home, work and public settings, with products used by consumers, hospitality businesses, venues, events and educational institutions worldwide. Bluewater has received multiple international design and innovation awards, including two Fast Company World Changing Ideas Awards and successive 2024 and 2025 GOOD DESIGN® Awards.

<https://www.bluewatergroup.com>

Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being the world's most planet-friendly water purification and beverage company by innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and

catering operations, event and venue organizations, and educational institutions. www.bluewatergroup.com^[1]

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