

# 9 Wearable hydration reminders

## What does it do?



Wearable hydration reminders are integrated into regular fitness trackers which are worn on the wrist. They measure a person's hydration level by scanning the tissue via optical spectrometry. They then prompt the wearer via vibration and visual display to drink.

[Emerging technology: this technology is not yet widely available and has not been tested with

PwD.]

## What can it be used for?

**#Reminder** Wearable hydration reminders can remind PwD to drink regularly to help prevent dehydration.

Comment	Rating	Author	Date
I think this could be useful, particularly if used alongside other smartwatch features like GPS tracking and medication reminders. It may be difficult for my friend to get used to though given her stage of dementia.	3	Violet Tiger	Aug 31, 2020, 02:00 PM
Good idea for the public in general! It could be useful for those with early stage dementia as dehydration is certainly a recurring theme.	3	Red Dog 2	Aug 27, 2020, 11:29 AM
I think this would be useful for the public in general. With dementia, this may work well in the early stages, when gentle reminders/prompts still have the desired effect but as dementia progresses I cannot see it being of great benefit.	4	Purple Cat	Jun 30, 2020, 04:26 PM
Good but only for those at the early stages of dementia, folk with more onset dementia would forget by the time they'd reached for a glass	3	Blue Dog 1	Jun 22, 2020, 01:56 PM