

title: "Dehydration in Older Adults: Signs, Risks, and Prevention Tips for Chapel Hill, NC Families"

description: "Learn why dehydration risk increases with age, which warning signs Chapel Hill families should watch for, and practical daily habits that help older adults stay hydrated at home."

author: "Always Best Care of Chapel Hill"

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categories: ["Senior Health", "Healthy Aging", "In-Home Care"]

tags: ["Chapel Hill NC", "senior hydration", "dehydration prevention", "caregiver support", "healthy aging", "in-home care"]

featured_image: "/images/chapel-hill-senior-hydration-healthy-aging.jpg"

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"<https://alwaysbestcare.com/chapel-hill/resources/dehydration-in-older-adults-signs-risks-and-prevention-tips-for-chapel-hill-nc-families>"

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