



Decaf by default

Positive outcomes have been demonstrated in pilot studies and trials examining the replacement of caffeinated drinks with decaffeinated alternatives. Across both hospital and community care settings, these studies have reported a reduction in patient falls, alongside other health benefits.

Small changes could have a big impact:

- Offer decaf options to residents
- Have a variety of drinks options
- Blind taste testing
- Decaf hydration event inviting relatives
- Stay hydrated throughout the day



Caffeine is a natural chemical with stimulant effects, which means it increases activity in your brain and nervous system. It is found in tea and coffee as well as a large number of other products.

Decaffeinated tea or coffee is simply where the caffeine has been removed from the coffee beans or tea leaves. It may still contain very low levels depending on how it was produced.

Why make the switch to decaf?

- Reduce falls
- Improve bladder health
- Reduce overnight incontinence
- Improve sleep
- Helps to prevent dehydration and headaches
- Reduce indigestion
- Overall health benefits
- Easy to implement

