

ROC 'Reliance On a Carer'

Holistic Hydration Care Assessment Tool

Name & ID

- Review weekly or monthly; or sooner if clinically indicated
- Fill in the ROC Grid below to confirm the level of support a person needs to drink and eat as best they can
- If ROC to Drink Rating = Red then complete the separate 'Advanced' ROC Hydration Assessment

ROC Assessment Grid			Date			Date			Date			Date		
Refer to the separate ROC guidelines to select the colour that best matches the description for individual needs and enter a 'x' in the relevant boxes														
FRAILITY score														
Risk of malnutrition e.g. MUST score														
ROC level of care			Low	Med	High	Low	Med	High	Low	Med	High	Low	Med	High
ROC to Drink	To swallow drinks													
	Assistance to hold a drink													
	Encouragement to drink													
	ROC to drink rating = The highest level of support to drink • Highest potential risk of dehydration • Colour of coaster/visual prompt													
ROC to Eat	Swallow / chew food													
	Assistance to eat													
	Encouragement to eat													
	ROC to eat rating = The highest level of support to eat • Highest potential risk of poor food intake • Colour of visual prompt													
ROC Holistic	Hearing													
	Vision													
	Speech													
	Recognition of drink/food													
	Mouth Care													
	Pour their own drink													
	Go and get their own drink													
	Support to sit up to have first drink of the day													
	Transfer from bed to chair													
	Continence													
Have any ROC Assessments changed since last review? If 'Yes' document in daily notes, inform senior lead, care team and update care plan			YES / NO			YES / NO			YES / NO			YES / NO		
PRINT														
INITIAL														
JOB TITLE														

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Risk of malnutrition e.g. MUST score														
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