

ROC Daily Hydration Review (DHR) for tracking how well a person is Drinking & Eating

Refer to the guidelines for full details.

Name & ID

Week commencing _____ WEEK / _____ MONTH / _____ YEAR

At the start of each day the primary carer must enter a 'X' to highlight the ROC rating for drinking and eating. This is the highest level of support a person needs to drink and eat as identified by their Reliance On a Carer (ROC) Hydration Assessment Tool and ROC Grid.

Primary Carer: Is the individual who supported the person to have their breakfast, lunch, supper, and care at night

Circle the description that best matches how you feel:
A = Alright B = Bit bothered C = Concerned

Secondary Carer: Is a senior carer or registered nurse who is accountable for reviewing holistic care and fluid & food intake

Circle your action taken:
1 = No concern 2 = ROC updated 3 = Escalate concern(s)

DATE _____	After Breakfast			After Lunch			After Supper			Night Shift		
 ROC to Drink Rating	Primary carer	A	INITIAL	Primary carer	A	INITIAL	Primary carer	A	INITIAL	Primary carer	A	INITIAL
		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

DATE _____	After Breakfast			After Lunch			After Supper			Night Shift		
 ROC to Drink Rating	Primary carer	A	INITIAL	Primary carer	A	INITIAL	Primary carer	A	INITIAL	Primary carer	A	INITIAL
		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

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		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

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		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

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		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

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		B	INITIAL		B	INITIAL		B	INITIAL		B	INITIAL
		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL

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		C	INITIAL		C	INITIAL		C	INITIAL		C	INITIAL
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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			



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	Primary carer	A	INITIAL			Primary carer	A	INITIAL			Primary carer	A	INITIAL			Primary carer	A	INITIAL		
		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			

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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			

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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			

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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			

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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			

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		B	INITIAL				B	INITIAL				B	INITIAL				B	INITIAL		
		C	INITIAL				C	INITIAL				C	INITIAL				C	INITIAL		
		1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL	1	2	3	INITIAL			