



# Stow Healthcare's Decaf Project



We have been trialling decaffeinated drinks in our homes to see if falls connected to going to the loo can be reduced.



This is because caffeine has a 'diuretic' effect, impacting our bowel and bladder and increasing how often and how quickly we need the loo.

Fractures associated with frailty cost the NHS £4.4bn each year, but the personal cost to an individual's health from falls can be high too.

88% of Stow Healthcare's residents chose to be part of The Decaf Project in June 2023. This number continues to grow.



Over a 6 month trial period, we saw a 35% drop in falls connected to going to the loo in our homes!



The results from Stow Healthcare's project have been published in a formal report, you can ask to see this if you are interested.

Decaffeinated drinks will be our main offering in our homes, but residents will always have a choice to drink caffeine – just ask!

# Feedback and Comments

What our residents and staff had to say

*"Since being on decaf, once I go to sleep, I sleep right through until 5am. I used to wake frequently through the night to go to the loo. Having an undisturbed night has made a huge difference, as I am no longer so tired during the day."*

*"I grew up in India and was used to drinking strong tea. Tea was cheap and part of my culture. These days I drink much less tea – just one cup in the morning. I always had normal tea but have switched to decaffeinated and can't tell the difference. As long as it's very hot, that's all I want!"*

*"It has been great to see the difference that decaf appears to have made to some of our residents. I know that some of them feel really proud to be part of this research."*

*"I'm drinking decaffeinated and haven't noticed any difference at all in the taste – I've probably got used to it. I haven't had a fall for two or three months and I'm happy to stay drinking decaf. I'd like to think it's working."*

Stow Healthcare wishes to thank Care England for its support with this project, and Sarah Coombes, Continence Nurse Specialist at University Hospitals of Leicester for her work with the original 'Taste the Difference Challenge', which served as inspiration for this project.