## Taste the difference challenge!

## What decaffeinated drink did you try? What decaffeinated drink did you try? Coffee Coffee Tea Tea Can you tell it's not caffeinated? Can you tell it's not caffeinated? What do you prefer? What do you prefer? Decaffeinated No Caffeinated Decaffeinated No Caffeinated preference preference Caffeine in tea and coffee can irritate the bladder Caffeine in tea and coffee can irritate the bladder and cause a need to rush to the toilet, and and cause a need to rush to the toilet, and potentially increase your risk of falls. Knowing this, potentially increase your risk of falls. Knowing this, would you switch to decaffeinated tea or coffee? would you switch to decaffeinated tea or coffee? No Yes Yes Resident name: Resident name: Taste the Taste the difference challenge! difference challenge! What decaffeinated drink did you try? What decaffeinated drink did you try? Coffee Tea Tea Coffee Can you tell it's not caffeinated? Can you tell it's not caffeinated? Yes Yes What do you prefer? What do you prefer? Decaffeinated No Caffeinated Decaffeinated No Caffeinated preference preference Caffeine in tea and coffee can irritate the bladder Caffeine in tea and coffee can irritate the bladder and cause a need to rush to the toilet, and and cause a need to rush to the toilet, and potentially increase your risk of falls. Knowing this, potentially increase your risk of falls. Knowing this, would you switch to decaffeinated tea or coffee? would you switch to decaffeinated tea or coffee? Yes Yes Resident name: Resident name:

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