

Taste the difference challenge!

What **decaffeinated** drink did you try?

Tea Coffee

Can you tell it's not caffeinated?

Yes No

What do you prefer?

Decaffeinated No Caffeinated
preference

Caffeine in tea and coffee can irritate the bladder and cause a need to rush to the toilet, and potentially increase your risk of falls. Knowing this, would you switch to decaffeinated tea or coffee?

Yes No

Resident name:

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