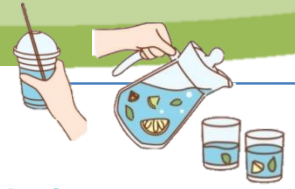


## July 2025



## Reduce the Risk of Dehydration

**Dehydration** can happen to anyone. However, individuals with intellectual and developmental disabilities (IDD) are at higher risk for dehydration; and are at a much higher risk for serious complications due to dehydration than their peers in the general population (2).

The human body depends on water as a basic requirement for life.

About 50 to 70% of the body's weight is made up of water (4). Every cell in the body requires water to function properly. Getting enough water every day is vital for good health and wellbeing.

Consuming adequate fluid:

- Helps keep the body's temperature within normal range (97.0-99.0).
- Lubricates and cushions joints.
- Protects and acts as a shock absorber for organs, muscles, tissues and bones.
- Rids the body of wastes through urination, perspiration, and bowel movements (5).



**Hydration** is defined as the balance between the fluids an individual takes in and puts out during normal body functioning within a 24-hour period (4). An individual's intake and output are often referred to as their "I&O". The term "intake" refers to fluid taken into the body. The term "output" refers to the fluids that leave the body.

The recommended total daily intake for a specific individual refers to the total amount of liquids required to maintain balanced hydration within the body. An individual's recommended total daily fluid intake varies based on height, weight, age, gender, daily physical activity, environment, and kidney function (5).

The U.S. National Academy of Medicine's (NAM's) daily guidelines for the average adult are:

- Men: 15.5 8-ounce cups (3.7 liters) of fluids.
- Women: 11.5 8-ounce cups (2.7 liters) of fluids (5).

An individual's daily fluid intake recommendations should be determined by their primary care provider (PCP) (4).

### Signs and Symptoms of Dehydration

When an individual does not replace the fluids at the same rate the body is losing fluids, dehydration can occur (4). An individual does not have to be experiencing a sudden illness such as diarrhea or vomiting to become dehydrated.

#### Mild or Moderate Dehydration in Adults

- Thirst.
- Dry or sticky mouth.
- Not urinating very much.
- Yellow concentrated or strong-smelling urine.
- Dry, cool skin.
- Headache.
- Muscle cramps (3).



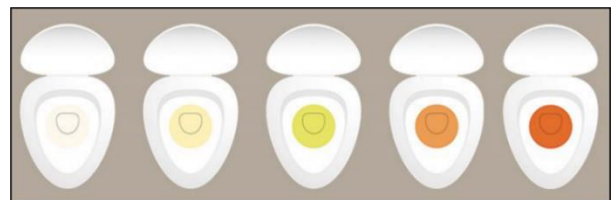
#### Severe Dehydration in Adults

- Lack of urination, dark amber colored urine.
- Very dry skin.
- Feeling dizzy.
- Rapid heartbeat.
- Rapid breathing.
- Sunken eyes.
- Severe headache.
- Sleepiness, listlessness, lack of energy, confusion or irritability.
- Fainting.
- Shock (not enough blood flowing through the body).
- Loss of consciousness or delirium (3).



### Dehydration and Urine Color

Urine color and urine frequency is an easy and affective way to establish an individual's hydration level. In the picture below, the urine in the toilet farthest left is the most diluted, indicating the individual is well-hydrated. The urine in the toilet farthest right is the most concentrated, indicating the individual is dehydrated (1).



To learn more about Dehydration you can find the Office of Integrated Health Supports Network Health & Safety Alert on our website at [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://dbhds.virginia.gov/wp-content/uploads/2024/08/Dehydration-September-2024.pdf](https://chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://dbhds.virginia.gov/wp-content/uploads/2024/08/Dehydration-September-2024.pdf)

Please direct questions or concerns regarding the "Health Trends" newsletter to the Office of Integrated Health Supports Network (OIHSN) at [communitynursing@dbhds.virginia.gov](mailto:communitynursing@dbhds.virginia.gov)

Reference

1. Adams, J.D., Gianni Amaoutis, G., Johnson, E.C., Jansen, L.T., Bougatsas, D., Capitan Jimenez, C., Mauromoustakos, A., Panagiotakos, D.B., Perrier, E.T., Guelinckx, I., & Kavouras, S.A. (2021, January). Combining urine color and void number to assess hydration in adults and children. *European Journal of Clinical Nutrition*, 75, 1262–1266.
2. Bailey, R. (2017, February). The fatal four: Major health issues that impact individuals with intellectual and developmental disabilities. *Relias Learning*.
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5. Seal, A.D., Colburn, A.T., Johnson, E.C., Périnnet, F., Jansen, L.T., Adams, J. D., Bards, C.N., Guelinckx, I., Perrier, E.T., & Kavouras, S.A. (2022, August). Total water intake guidelines are sufficient for optimal hydration in United States adults. *European Journal of Nutrition*, 62, 221–226

## July 2025



### ABA SNIPPETS ...

#### ***Celebrating Independence: Empowering Individuals Through Behavioral Science***

As we fire up the grills and light up the sky with fireworks this Fourth of July, it's an excellent opportunity to reflect on the concept of independence, not just for a nation, but for individuals striving toward personal growth and autonomy.

Behavioral science is dedicated to understanding and improving behavior and aligns strongly with the spirit of Independence Day. At its core, behavioral science is about empowering individuals to lead more independent and fulfilling lives.

Through techniques such as **task analyses**, **prompting**, and **positive reinforcement** you can help individuals increase their ability to function independently in their environments.

A **task analysis** is used to break down a complex task into smaller, well defined, and more teachable parts. Use this tool to assess the person's abilities and observe which steps they can already do and which need support. Teaching these smaller steps one at a time is often more effective and manageable than trying to teach the entire task all at once (**Error! Reference source not found.**).

**Prompting** is used to support an individual to initiate or complete tasks and help increase independence. There are many types of prompts including visual (pictures, schedules, labels), verbal (spoken instructions), modeling (demonstrating the task), and physical (guiding the body). The best prompt to use is the one that is the least intrusive that still leads to success (**Error! Reference source not found.**).

**Positive reinforcement** is a proven strategy to increase the likelihood of a behavior being repeated. When used consistently and strategically, positive reinforcement can help individuals become more motivated, confident, and independent in performing tasks or routines (**Error! Reference source not found.**).

Just as America's founders believed in the power of change and growth, behavioral science believes in the power of measurable, meaningful progress. It's about giving individuals the tools to make choices, express themselves, and contribute to their communities. This July 4th let's honor not only our nation's independence, but also the independence of the individuals we serve.

You may contact DBHDS about these efforts via the following:

[nick.vanderburg@dbhds.virginia.gov](mailto:nick.vanderburg@dbhds.virginia.gov)

#### References:

1. Brown, F.E., McDonnell, J.J., & Snell, M.E. (2016). Instruction of students with severe disabilities (8th ed.). Pearson.
2. Cooper, J. O., Heron, T. E., & Heward, W. L. (2020). Applied Behavior Analysis. Pearson Education.
3. Cowan, L. S., Lerman, D. C., Berdeaux, K. L., Prell, A. H., & Chen, N. (2022). A decision-making tool for evaluating and selecting prompting strategies. *Behavior Analysis in Practice*, 16(2), 459–474.

### What's New with Your Health Plan: Cardinal Care is Going Live!

**IMPORTANT CHANGES**  
COMING JULY 1, 2025 FOR MEDICAID & FAMIS MEMBERS

Your Healthcare, Your Choice

**CardinalCare**  
Virginia's Medicaid Program

FAMIS Members can now make plan choices through the health plan enrollment broker as described below.

**WHAT'S NEW**

**Cardinal Care's Health Plans:**

- Aetna Better Health of Virginia
- Anthem HealthKeepers Plus
- NEW** • Humana Healthy Horizons of Virginia
- Sentara Health Plans
- United Healthcare of the Mid-Atlantic, Inc

A stronger focus on member centered care and extra benefits offered by the health plans, including resources and assistance to address your needs.

**WHAT'S NOT CHANGING**

**Your Medicaid Enrollment:** You will continue to be enrolled in Medicaid as long as you remain eligible.

**Benefits and Services:** Your benefits will not be interrupted as long as you remain eligible for Medicaid.

**Choice:** You have a right to choose your health plan. You can stay with your current health plan or change plans.

\*No action is required if you like your current plan or don't want to change health plans.\*

**HOW TO CHOOSE YOUR PLAN**

It's Your Choice: You will be able to change your plan after June 18, 2025.

Scan the QR Code to take you to the Virginia Managed Care website or download the FREE "Virginia Cardinal Care" mobile app on your phone to:

- Find which health plans participate with your doctor or other medical providers.
- Compare each health plan and their added benefits.
- Select the health plan you want to change to.
- To learn more, visit [www.virginiamanagedcare.com](http://www.virginiamanagedcare.com) to watch a DMAS/MCO Educational video.

If you no longer need Medicaid coverage, contact: Cover Virginia at 1-855-242-8282 (TTY: 1-888-221-1590) or contact your local Department of Social Services.

Questions About Changing Your Plan? CALL 1-800-643-2273 TTY: 800-817-6608 MF 8:30 a.m. - 6 p.m.

[www.virginiamanagedcare.com](http://www.virginiamanagedcare.com)

### You May Qualify for FREE Community College

**G3 tuition** assistance is for students living in Virginia who qualify for state financial aid with a household income that's less than \$111,000. G3 is available for select programs in six of Virginia's most in-demand industries, including Education, Healthcare, Hospitality & Culinary Arts, Information Technology, Public Safety and Skilled Trades & Manufacturing. As the primary workforce training provider for the Commonwealth of Virginia, all **23 of Virginia's Community Colleges** proudly offer G3 tuition assistance to its students.

The typical cost of tuition for a full-time student at Virginia's Community Colleges is \$4,902 per year. G3 is a last-dollar scholarship that, with other financial aid, could bring that cost down to \$0. For full-time students who receive the maximum Pell Grant, additional scholarship benefits are designed to help offset your cost of living so you can continue to take care of your family while going back to school.

Find a Community College:

[https://www.vccs.edu/?utm\\_campaign=newsletter&utm\\_content=20250604&utm\\_medium=email&utm\\_source=govdelivery](https://www.vccs.edu/?utm_campaign=newsletter&utm_content=20250604&utm_medium=email&utm_source=govdelivery)

Department of Medical Assistance Services (DMAS). (2025, June). Cardinal Care Correspondence, Virginia's Medicaid Program