



Avoiding Dehydration

Alzheimer's

Staying hydrated is not easy for most people. With memory change, fluid intake needs extra attention.

Signs of Dehydration

- Increased confusion
- Change in typical behavior
- Increased fatigue and lethargy
- Complaints of:
 - Muscle weakness
 - Cramping
 - Headache
 - Dizziness
 - Nausea
 - Decreased urination
- More chance of urinary tract infection



Tips

- Keep a fresh cup of juice or bottled water nearby.
- Skip caffeine and alcohol in beverages. Caffeine can cause loss of extra fluid. Rather than soda, consider club soda with juice.
- Drink fluids together or invite a friend. Watching you drink and socializing may remind the person to drink.
- Offer favorite drinks, flavored drinks, or nutritional shakes throughout the day.
- When offering medication, give a 4-6 ounce glass of water/fluid and encourage them to drink the full glass.
- Add items to meals that have water content such as jello, yogurt, popsicles, melons, lettuce, soups, applesauce, or smoothies.
- Try different temperatures for liquids: some people are more likely to drink warm fluids and others like iced or cool drinks.
- Offer drinks when you are out and about, bring along a drink or stop at a drive-through and treat yourself and the person to a favorite drink.



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