



Avoiding Dehydration

Staying hydrated is a task for most people. With memory change, fluid intake warrants extra attention.

Signs of Dehydration:

- Increased confusion
- Change in usual behavior
- Increased fatigue and lethargy
- Complaints of:
 - Muscle weakness
 - Cramping
 - Headache
 - Dizziness
 - Nausea
 - Decreased urination
- Increased chance of Urinary Tract Infection

Strategies:

- Keep a fresh cup of juice or bottled water in sight on the counter.
- Avoid 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 over to the house. Watching you drink and/or socializing may encourage him/her to drink.
- Offer favorite drinks, flavored drinks or nutritional shakes throughout the day.
- When providing medication, give a 4-6 ounce glass of water/fluid and encourage him/her to drink the entire glass.
- Add items to meals that have a high amount of water in them such as jello, yogurt, popsicles, melons, lettuce, soups, applesauce or smoothies.
- Try different temperatures for liquids: some people are more likely to drink warmer fluids and others 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 beverage.