



A Plan For Senior Care's Guide To Urinary Tract Infections And Dementia In Seniors

One of the most common types of infection in seniors are Urinary Tract Infections (UTIs). The hard-to-identify symptoms of a UTI go undetected because seniors may have other ailments or if it is difficult for them to communicate their discomfort. The symptoms of UTIs in seniors can often mimic those of other more serious conditions, like dementia.



What Is A Urinary Tract Infection?

A urinary tract infection is usually caused by bacteria entering the urinary tract via the urethra. The bacteria move upwards through the urinary tract, infecting the bladder and sometimes the kidneys.

Who Is Affected By UTIs And How Are They Treated?

Women are more commonly affected by them than men. Some reasons why older adults are vulnerable to UTIs is due to poor hygiene, urinary retention, a weakened immune system, diminished ability to take care of themselves and reduced cognitive abilities.

If UTIs are treated with antibiotics, the infection can usually be treated successfully. In some situations, with recurring and untreated UTI's, complications occur. These complications can be serious and can cause kidney damage and blood poisoning.

What Are The Signs And Symptoms Of UTIs?

The classic, universal symptoms for UTIs are frequent urination, burning pain, cloudy urine and lower back pain. Since seniors' immune systems are not functioning at optimal levels, the symptoms will take a different turn and produce some unsettling side effects: Agitation, Confusion, Disorientation, Dizziness, Falling, Poor Motor Skills & Depression

How Can UTIs Be Prevented?

Some precautions can be taken like creating a urination schedule, setting up alarms to remind seniors to urinate. Seniors should regularly wear and change loose, breathable cotton underwear that can be cleaned easily.

If your senior suddenly starts acting abnormally, seek medical assistance immediately.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.