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.

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