

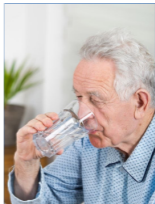
## Consequences of not eating enough (malnutrition)

- Increased infections
- Poor wound healing
- Pressure sores
- Immune deficiency
- Anemia
- Low blood pressure (hypotension)
- Poor health and loss of quality of life



## Consequences of not drinking enough (dehydration)

- Urinary tract infections
- Constipation
- Renal disease
- Pneumonia
- Low blood pressure (hypotension)
- Delirium, dizziness



## Impact of dementia symptoms on ability to eat and drink

- **Memory Loss:** they may forget that they have or haven't eaten; may forget how to physically feed themselves, or may become frustrated if they forget that they need someone to assist them in eating
- **Disorientation:** may not recognize food or eating utensils, may become confused and unable to use utensils, may refuse to eat; may attempt to swallow before chewing; possible loss of impulse control
- **Confusion:** may have difficulty with the multiple steps involved with eating. May become disoriented if there are too many choices, may become frustrated if utensils and dishes are unfamiliar
- **Language problems:** possible inability to express personal preferences needs and desires, level of hunger, discomfort, etc.

## Impact of dementia symptoms on ability to eat and drink

- **Lack of concentration:** possible inability to focus on food and eating
- **Loss of visual spatial skills:** problems with recognizing food; may try to eat something that is not edible
- **Loss of physical skills:** may have difficulty chewing, swallowing and digesting food, and inability to feed one's self; possible difficulty with seating and positioning; inability to hold utensils; restlessness or pacing may make eating difficult.
- **Diminished sense of taste or smell:** can result in loss of appetite