



When to Call the Doctor About Pain in Alzheimer's and Dementia

A Quick Guide for Dementia Caregivers



Call the Doctor If:

● Pain Is Getting Worse

- Pain continues despite comfort measures
- Pain seems more severe than usual
- Your loved one appears increasingly uncomfortable

● Pain Is Affecting Sleep

- Difficulty falling asleep
- Frequent waking during the night
- Sleeping much less than normal due to discomfort

● Pain Is Affecting Eating or Drinking

- Refusing meals
- Drinking less fluids
- Pain while chewing or swallowing
- Unexplained weight loss

● Pain Is Limiting Movement

- Refusing to walk
- Difficulty standing
- Avoiding use of an arm or leg
- New weakness or mobility changes

● You Notice New Symptoms

- Fever
- Swelling
- Redness
- Bruising
- New cough
- Shortness of breath
- Changes in urination

● Behaviors Suddenly Change

- Increased agitation
- Aggression
- Restlessness
- Crying out
- Resistance to care
- Increased confusion

💡 Sometimes a sudden behavior change is the first sign of pain, illness, infection, or injury.

● Pain Medication Is Causing Problems

Call the doctor if you notice:

- Excessive sleepiness
- Increased confusion
- Dizziness
- Falls
- Hallucinations
- Constipation lasting several days

● You Suspect an Injury

- Recent fall
- Bumping into furniture
- Sudden reluctance to move
- Complaints of pain after an accident



Seek Immediate Medical Attention If:



Call 911 or Seek Emergency Care If Your Loved One Has:

- Chest pain
- Trouble breathing
- Severe injury after a fall
- Severe uncontrolled pain
- Loss of consciousness
- Sudden inability to move an arm or leg
- Signs of a stroke

♥ Remember

Pain often shows up as behaviors instead of complaints.

If your loved one suddenly becomes more agitated, confused, withdrawn, or resistant to care, ask yourself: **"Could this be pain?"**

Early recognition and treatment can improve comfort, sleep, mobility, appetite, and quality of life.

📅 [Track pain patterns, behaviors, sleep, and medications with the Dementia Caregiver Notebook](#)

🔍 [Find more caregiver resources in the Dementia Caregiver Toolbox](#)

🌐 Alzheimer'sInYourHome.com