

Sudden Change? Dementia UTI Warning Signs Checklist

What to Check Before Assuming It's "Just the Dementia"

A sudden change in someone living with Alzheimer's or another dementia is not always caused by the dementia itself. Many medical problems can cause increased confusion, agitation, weakness, or sleepiness. This checklist can help you notice important changes and know when to contact the healthcare provider.

Changes I Noticed Today

- ☐ More confused than usual
- ☐ More forgetful than normal
- ☐ Difficulty following simple directions
- ☐ Increased agitation or anxiety
- ☐ Aggressive behavior
- ☐ Hallucinations or seeing things that aren't there
- ☐ More sleepy than usual
- ☐ Harder to wake up
- ☐ Sudden mood changes
- ☐ Restlessness or pacing
- ☐ New wandering
- ☐ Not acting like themselves

Changes in Physical Ability

- ☐ More weakness
- ☐ Trouble standing
- ☐ Difficulty walking
- ☐ New shuffling
- ☐ Loss of balance
- ☐ Recent fall
- ☐ Complaining of pain
- ☐ Facial expressions showing pain
- ☐ Holding or guarding part of the body

Eating & Drinking

- ☐ Eating much less
- ☐ Drinking less
- ☐ Refusing meals
- ☐ Difficulty swallowing
- ☐ Nausea or vomiting
- ☐ Weight loss
- ☐ Dry mouth

Bathroom Changes

- ☐ Urinating more often
- ☐ Urinating less
- ☐ New incontinence
- ☐ Strong urine odor
- ☐ Dark urine
- ☐ Blood in urine
- ☐ Complaints of pain or burning (if able)
- ☐ Constipation
- ☐ Diarrhea

Other Symptoms

- ☐ Fever
- ☐ Chills
- ☐ Cough
- ☐ Trouble breathing
- ☐ New swelling
- ☐ Rash
- ☐ Dizziness
- ☐ Shaking
- ☐ Excessive sweating

Recent Changes

- ☐ Started a new medication
- ☐ Medication dose changed
- ☐ Missed medications
- ☐ Not drinking enough fluids
- ☐ Poor sleep recently
- ☐ Recent illness
- ☐ Recent surgery
- ☐ Increased stress or change in routine

Notes

Contact the Healthcare Provider If You Notice:

- ☒ A sudden increase in confusion
- ☒ Hallucinations or unusual behavior
- ☒ Fever
- ☒ Pain with urination
- ☒ Blood in the urine

- ☒ Refusing food or fluids
- ☒ Increased weakness
- ☒ A sudden fall
- ☒ Difficulty waking up
- ☒ Symptoms that continue getting worse

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

- Chest pain
- Signs of a stroke
- Loss of consciousness
- Trouble breathing
- A seizure
- Serious injury after a fall

RN Pearl of Wisdom

One of the biggest clues that something medical is going on is a sudden change. Dementia usually changes slowly over time. If your loved one seems much different today than they were yesterday, don't assume it's "just the dementia." Trust your instincts and contact their healthcare provider.

 Track sudden changes, behaviors, sleep, fluids, and medications with the [Dementia Caregiver Notebook](#).

 Find more free dementia caregiver checklists, forms, and printables in the [Dementia Caregiver Toolbox](#).

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