

Risks of dehydration



Urinary Tract Infections

Dehydration levels are heavily linked with the likelihood of contracting a Urinary Tract Infection (UTI), which can put older people at increasing risk of falls.

What are the signs of dehydration:

- Thirst
- Sunken eyes
- Irritability
- Cool hands or feet
- Low blood pressure
- Raised heart rate
- Headaches
- Drowsiness
- Dry and inelastic skin
- Dryness of the mouth lips and tongue

Those already experiencing chronic degenerative neurological diseases, such as Alzheimer's disease and Parkinson's disease should be monitored closely for pain during urination, urgency, frequency and colour.

Dark urine with an odour is an indication that there may be a UTI present. Pale and odourless urine indicates that the person is hydrated.

Furthermore, some people can experience confusion and incontinence, which in turn can result in a potential fall.

Urine Colour Chart

GOOD

GOOD

FAIR

DEHYDRATED

DEHYDRATED

VERY DEHYDRATED

SEVERELY DEHYDRATED