

10 Tips For Caring For Seniors With UTIs

If you are caring for a senior with a urinary tract infection (UTI), here are some steps you can take to alleviate their symptoms and prevent the infection from worsening:

- 1. Remind Them To Drink Water**
Encouraging someone with a UTI to drink plenty of fluids, especially water, will help flush bacteria out of the urinary tract. They should drink at least 64 ounces a day.
- 2. Give Them Medications As Directed**
Be sure seniors take their prescribed antibiotics as directed. Finishing the entire course of treatment will ensure that the infection is completely cleared.
- 3. Help Them To Maintain Good Hygiene**
Infections like UTIs spread through bacteria. Helping seniors maintain proper hygiene means that bacteria will be less likely to enter the urinary tract.
- 4. Set Timers To Remind Them To Use The Bathroom**
UTIs can be caused by holding your bladder too long, so it's important to remind seniors to use the bathroom regularly and to empty their bladder completely when they do.
- 5. Plan Nutritious Meals**
Some studies have linked plant-based diets to a lower risk for developing UTIs, and eating a well-balanced diet that is rich in fruits and vegetables will help keep seniors healthy.
- 6. Encourage Them To Stay Active**
Staying active can help prevent constipation which can contribute to UTIs, so it's important to encourage seniors to move around often.
- 7. Avoid Serving Certain Foods**
Avoid certain foods and beverages like caffeine, alcohol and citrus have been proven to irritate the urinary tract which can worsen UTI symptoms.
- 8. Ease Pain And Pressure With Heat**
If seniors are experiencing pressure or pain in their pelvis, help to reduce these symptoms with a warm compress or heating pad.
- 9. Consider Over-The-Counter Pain Medication**
Medications like acetaminophen or ibuprofen can help alleviate symptoms of a UTI.
- 10. Educate Yourself**
Staying educated on the signs, symptoms and unique ways seniors experience UTIs is the first step to recognizing and treating them.

For more information on urinary tract infections and how CorsoCare can support you and your loved one, call us at 248-438-8535.

If a senior's symptoms do not improve or worsen, contact their health care provider for further evaluation and treatment.