



## Signs & Symptoms for Common Issues in the Chronically Ill

If you notice any of these signs or symptoms, call your care receiver's doctor immediately!

### Dehydration

Common signs and symptoms of Dehydration in the elderly:

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| <ul style="list-style-type: none"><li>• dry mouth</li><li>• tiredness or fatigue</li><li>• sunken eyes</li></ul> | <ul style="list-style-type: none"><li>• a decrease in urination</li><li>• urine that's a darker color than normal</li><li>• muscle cramping</li><li>• feeling dizzy or lightheaded</li></ul> |
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### Urinary Tract Infections

Symptoms of a Urinary Tract Infection in older adults:

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| <ul style="list-style-type: none"><li>• urethral burning with urination</li><li>• pelvic pain</li><li>• frequent urination</li></ul> | <ul style="list-style-type: none"><li>• an urgent need to urinate</li><li>• a fever</li><li>• chills</li><li>• urine with an abnormal odor</li></ul> |
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### Dysphagia (Difficulty Swallowing)

Signs and Symptoms of Dysphagia in the elderly:

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| <ul style="list-style-type: none"><li>• Inability to swallow food and/or liquids</li><li>• <b>Pain</b> while swallowing</li><li>• Coughing or gagging while swallowing</li><li>• Bringing food back up (regurgitation)</li><li>• Having frequent heartburn</li><li>• Sensation of food getting stuck in your throat or behind the breastbone</li></ul> | <ul style="list-style-type: none"><li>• Drooling</li><li>• Chronic <b>hoarseness</b></li><li>• Having food or stomach acid back up into your throat</li><li>• Unexpectedly losing weight</li><li>• Coughing or gagging when swallowing</li><li>• Having to cut food into smaller pieces or avoiding certain foods because of trouble swallowing</li></ul> |
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### Mobility/Balance Issues

Sign and symptoms of Mobility issues in the elderly:

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| <ul style="list-style-type: none"><li>• <b>Fatigue</b>/decreased endurance.</li><li>• Foot drop/drag (especially later in the day)</li><li>• <b>Weakness</b> in leg(s) and/or trunk.</li><li>• Deconditioning.</li><li>• Mild <b>spasticity</b> (increased tone, which gets worse with <b>fatigue</b>)</li><li>• <b>Muscle tightness</b> from inactivity.</li></ul> |
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Sources: [www.http://healthline.com](http://healthline.com) and [www.http://mayoclinic.org](http://mayoclinic.org)

# Accidental Care Partners