

Loss of Appetite in Elderly With Dementia

If you are the caregiver of a loved one with dementia, you may wonder how you can get them to eat. Luckily, there are simple tips you can use to improve their appetite.

For starters, you should offer foods they enjoy. Try serving sweeter foods and meals with a richer flavor. Also, encourage them to drink more fluids.

You should also avoid feeding them too much. This can cause them to feel weak and sluggish. In addition, undereating can lead to muscle loss.

If you notice that your loved one is losing weight, you should consult their doctor. It can be a sign of depression. Some medications can also cause lack of appetite.

Make sure that the foods you serve are nutritious. Your doctor can provide you with advice on vitamin supplements and other nutrition needs.

Keep in mind that you can help increase your loved one's appetite by getting them involved in physical activities. There are many helpful exercises that you can do with them.

Aside from the physical benefits, exercise can improve your loved ones overall wellbeing. Plus, you will be able to make them feel more comfortable during mealtimes.

Dementia patients have difficulty communicating their needs. That's why they may have a hard time with judging the temperature of food and drinks. They may also become confused by new textures.

Depending on the stage of your loved one's dementia, you may have to be more creative. You may want to use pictures of their favorite meals, or point to a picture of the desired dish when it's time to eat.