

## **IS YOUR LOVED ONE EXPERIENCING CONSTIPATION?**

Constipation is common in older persons, especially people with dementia, given their reduced awareness and relative immobility. Poor food, fibre and fluid intake may also cause constipation.

**Constipation is a source of discomfort, and can worsen confusion and agitation.** It also makes passing urine more difficult and can cause urinary retention.

Consider the following advice:

- Ensure adequate hydration and intake of fruits and vegetables.
- If the person is not keen on drinking plain fluids, other sources of fluids include soup, milkshakes, juices or decaffeinated coffee or tea.
- Record and monitor bowel movements and type of stool
- Use laxatives if necessary

