

UTI Prevention



Urinary Tract Infections A urinary tract infection is an infection that begins in your urinary system: kidneys, ureters, bladder and urethra. Any part of your urinary system can become infected, but most infections involve the bladder and the urethra. Women are at greater risk of developing a urinary tract infection than are men. In older adults, infections can cause an increase in confusion and overall weakness.

How can older adults prevent urinary tract infections?

- Drink 6 to 8 glasses of water every day.
- Drink one glass of cranberry juice daily.
- Wash your hands.
- Empty your bladder fully.
- Women should wipe from front to back.
- Keep good personal hygiene.
- Change undergarments frequently.
- Report any signs of burning, pain, frequency, change in color or smell of urine immediately to your doctor.

Do you or a loved one need a little extra help? **We are here.**

Our Individualized Care Plans focus on the individual needs of the client and may include: light housekeeping, assistance with ADL's, household management, shopping, meal preparation, proper nutrition, exercise, safety in the home as well as medication reminders.

Let us customize a care plan that fits you or your loved one's needs. Call for a free assessment at **847-548-1330**.

Private Duty Home Care
Companionship • Light Housekeeping
Meal Preparation • Personal Care

Geriatric Care Management
Comprehensive Care Planning • Medical Advocacy
Liaison for Families at a Distance

Partners in Senior Care, Inc.
*Our mission is the quality delivery
of care services to the senior population.*

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