

# Caring for Someone with Memory or Thinking Changes

*A guide for caregivers of people living with kidney disease*



strive  
HEALTH

# Understanding What's Happening

Some people with kidney disease may have changes in their memory, attention or problem solving. This can happen because waste builds up in the blood or because of other health problems like high blood pressure, diabetes or small strokes.

These changes can make it harder for your loved one to remember things, stay focused, or manage daily tasks. Sometimes, confusion comes on quickly from an infection, new medication, or a hospital stay. This is called delirium – and it can get better when the cause is found and treated.

If you notice new or worsening confusion, talk to the nurse or provider right away.



# What You Can Do Every Day

## 1. Keep a routine

- Try to keep the same schedule for meals, dialysis and bedtime.
- Routines help reduce worry and confusion.

## 2. Make the home safe

- Keep walkways clear and well-lit.
- Use nightlights or motion lights in halls and bathrooms.
- Store medicines safely and remove trip hazards like rugs or cords.
- Use door alarms or sensors on doors that lead outside. These can alert you if your loved one opens a door, helping prevent wandering and keeping them safe.

## 3. Help with medications

- Use a pill organizer or reminder chart.
- Bring all medicines to appointments so the team can check doses.
- Tell the nurse or doctor about any new or stopped medications.

## 4. Stay connected

- Social isolation (spending too much time alone) can make thinking worse.
- Try to help your loved one visit with friends, talk on the phone or join activities they enjoy.
- Encourage gentle exercise and time outdoors if safe to do so.

# Final Message

## Caring for yourself matters too

Caring for someone with memory loss is hard work. You are not alone.

- Ask your Strive Team for support and resources that give you time to rest while someone trusted helps with care.
- Take breaks when you can – even 10 minutes can help you recharge.
- Join a caregiver support group (online or in person).
- Talk to your care team if you ever feel burned out or overwhelmed.

## When to call the care team

Call your **Strive nurse or provider** if your loved one:

- Becomes suddenly confused or agitated.
- Sleeps much more than usual.
- Refuses food or dialysis.
- Has a fever, pain, or new behavior changes.
- Seems dizzy, weak or is falling.

Quick action can help prevent hospital stays and keep your loved one safe.

Learn more at  
<https://strivehealth.com>  
Or by calling  
855-962-4638