

Changes in Smell: A Fact Sheet on Aging

Smell Changes:

- By age 80, about 40 percent of people have difficulty in identifying common substances by smell

Smelling difficulties may produce these behaviors:

- Not reacting to unpleasant odors
- Nasal congestion
- Comments – “Can’t smell the flowers”
- Increased body odor – or over use of fragrance

Actions you may take:

- Encourage smelling before feeding
- Explain what foods are and encourage **thinking** of smell
- Label items that look alike