



Dealing with Dementia Related Behaviors

- **Incontinence**
- Loss of bladder and/or bowel control often occurs as dementia progresses
- Establish a toileting routine
- Schedule fluid intake to prevent dehydration



Dealing with Dementia Related Behaviors

- Use signs with illustration to indicate which door leads to the bathroom
- Consider a commode for nighttime use
- Incontinence pads and products
- Use easy to remove clothing with elastic waistbands or Velcro closures, easily washable items



Dealing with Dementia Related Behaviors

- **Agitation**
- Irritability, sleeplessness, and verbal or physical aggression.
- Can be triggered by environmental factors, fear, and fatigue, even pain.
- Reduce noise, clutter or number of persons in the room



Dealing with Dementia Related Behaviors

- Try gentle touch, soothing music, reading or walking
- Maintain routines and familiar objects in sight
- Reduce caffeine intake, sugar, and other foods that cause spikes in energy



Dealing with Dementia Related Behaviors

- Keep dangerous objects out of reach
- Allow the individual to do as much for themselves as possible-support their independence and ability to care for themselves.
- Acknowledge the confused person's anger over the loss of control in their life. Tell them you understand their frustration.



Dealing with Dementia Related Behaviors

- Distract them with a snack or activity. All them to forget the troubling incident. Confronting them may increase anxiety.
- **Repetitive speech or Actions (Perseveration)**
- Individuals with dementia will often repeat a word, statement, question, or activity over and over. Can be triggered by anxiety, boredom, fear, or environmental factors.



Dealing with Dementia Related Behaviors

- Provide reassurance and comfort, both in words and in touch.
- Try distracting with a snack or activity
- Avoid reminding them they just asked the same question. Try refocusing them.



Dealing with Dementia Related Behaviors

- Don't discuss plans with a confused individual until immediately prior to the event.
- Use signs: *"Dinner is at 6:30"* or *"Lois comes home at 5:00"* to remove anxiety and uncertainty about anticipated events.
- Learn to recognize certain behaviors i.e. pulling on clothing or agitation, could indicate a need to use the toilet.



Dealing with Dementia Related Behaviors

- **Paranoia**
- Sudden suspicion, jealousy, or accusatory behavior is unsettling.
- Remember it's very real to them.
- Don't argue or disagree, try not to take it personally.



Dealing with Dementia Related Behaviors

- Concern about money: all them to keep a small amount in a purse or pockets for easy inspection.
- Help them look for “missing” objects, then distract them into another activity. Try to learn their “hiding” places.
- Explain to others these behaviors are part of the dementing illness



Dealing with Dementia Related Behaviors

- Try nonverbal reassurances like a gentle hug or touch.
- **Sleeplessness/Sun downing**
 - Restlessness, agitation, disorientation and other behaviors tend to get worse at the end of the day and into the night.
 - Increase daytime activities, discourage inactivity and napping during the day



Dealing with Dementia Related Behaviors

- Avoid energy increasing foods/snacks- sugar, caffeine.
- Plan for more quiet activities in the afternoon/evening
- Turn on the lights before sunset, close curtains (diminish shadows), nightlights
- Safety features- adequate lighting, gates for stairs, lock doors, put away dangerous items



Dealing with Dementia Related Behaviors

- May need to utilize medications to aid sleep
- Make sure you as the caregiver get plenty of rest
- **Eating and nutrition**
- Adequate nutrition and fluid intake can be challenging



Dealing with Dementia Related Behaviors

- Individuals with dementia “forget” to eat and drink
- Consider several smaller meals vs three
- Make meal times peaceful- music, limited distractions
- Finger foods, pre-cut foods, adaptive cups, tableware or plates to help with eating



Dealing with Dementia Related Behaviors

- Allow plenty of time
- Sit with them and eat
- Fix foods they enjoy
- If weight loss is an issue- nutritious high-calorie snacks between meals



Dealing with Dementia Related Behaviors

- **Bathing**
- Difficulty remembering “good” hygiene
- May be difficult having someone else provide this care-personal, embarrassing
- Consider their previous routine: bath vs shower, morning vs evening, special scents, products, what was their routine for this (daily, 3 times a week, etc.)
- Provide privacy, respect modesty
- Be mindful of the environment, comfort and safety
- Never leave them unattended



Resources

- **Alzheimer's Association: [alz.org](https://www.alz.org)**
- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected



Resources

- Alzheimer's and Dementia Caregiver Center
- Safety Center
- Support groups
- **24/7 helpline: 1-800-272-3900**
- Online education resources: **training.alz.org**

Final Thoughts

Do Not Ask Me To Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.

I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.

Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.
- Author Unknown.

Questions?



