

RESPONDING TO BEHAVIORAL SYMPTOMS OF DEMENTIA

Are you providing care to someone with dementia who seems agitated or refuses help? They may be frustrated at their inability to communicate effectively and meet their own needs.

Here's how you can help.

APPROACH FROM THE FRONT

- 🌿 Introduce yourself
- 🌿 Speak clearly using simple sentences

REMAIN CALM

- 🌿 Focus on positive behavior
- 🌿 Ask in a respectful and curious way, why they are doing what they're doing

REDUCE CHAOS

- 🌿 Try encouraging a person into a different room or turn down the TV volume

SUPPORT FEELINGS

- 🌿 Identify feelings behind words or actions
- 🌿 "I am sorry you are frustrated right now"

DETERMINE CAUSE

- 🌿 Ask respectfully if they are hungry, bored, in pain or stressed

DO SOMETHING THEY ENJOY

- 🌿 Look at pictures of family or trees outside
- 🌿 Ask them to tell stories or jokes

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