

understanding and responding to dementia-related behavior



Objectives

By the end of today's program, you will be able to:

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address common dementia-related behaviors.

Triggers

Behavioral changes have many triggers



Pain or discomfort



Over-stimulation or boredom.



Fear or frustration.



Unfamiliar surroundings.



Complicated tasks.

Understanding and addressing the behavior



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Understanding and addressing the behavior

Detect and connect

- Join the person in his or her reality by trying to see the world through his or her eyes.
- Understand the person's reality in context before intervening: Who? What? Where? When? How? What took place before, during and after the behavior took place?
- Approach the person calmly and respectfully.



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Understanding and addressing the behavior

Address Physical needs first

- Medical issues.
- Physical problems such as:
 - Hunger or thirst.
 - Lack of social interaction.
- Environmental triggers for discomfort.



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Understanding and addressing the behavior

Then address emotional needs

- Focus on the person's feelings, not facts
- Use your knowledge of the person's preferences to provide effective interventions.
- Redirect the energy into a more soothing activity.



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Rose's mother had Alzheimer's disease.

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Understanding and addressing the behavior

Reassess and plan for next time

- Go back to detecting and connecting.
- Join the person's reality.
- What went well and what didn't?
- How can you make adjustments?



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Apply these to any behavior



Detect and assess



Address physical needs first



Then address emotional needs



Review and plan for next time

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Anxiety or agitation

Restlessness or pacing, distress, over-reliance on caregivers



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Anxiety or agitation

Let's keep Ann's situation in mind as we review these steps...



Detect and assess



Address physical needs first



Then address emotional needs




Review and plan for next time

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Confusion or suspicion

Not recognizing familiar people, places or things; accusing others of theft, infidelity, etc.



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Confusion or suspicion

Let's keep Ann's situation in mind as we review these steps...




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Aggression

Aggressive behavior may be verbal or physical. It may occur suddenly for no apparent reason, or may emerge following a trigger.



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Aggression

Let's keep Ann's situation in mind as we review these steps...



Detect and respond



Address physical needs first



Then address emotional needs



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Rose's mother had Alzheimer's disease.

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Aggression


- Usually, aggressive behaviors associated with dementia are upsetting but not dangerous.
- Occasionally the person is a danger to themselves or others and safety measures are necessary.
- Speak with the person's doctor about medical interventions.
- Call 911 when help is urgently needed.

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Repetition

Saying something over and over, repeating words, questions or behaviors.



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Sam Fazio, Ph.D., is the Director of Special Projects for the National Office of the Alzheimer's Association.

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Repetition


Let's keep Ann's situation in mind as we review these steps...




Detect and assess



Address physical needs first



Then address emotional needs




Reassess and plan for next time

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Wandering

60% of people with dementia will wander, and it can happen at any stage without warning.



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Beverly's husband, Amos, has Alzheimer's disease.


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Wandering


Let's keep Ann's situation in mind as we review these steps...




Detect and assess



Address physical needs first



Then address emotional needs



Reassess and plan for next time

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Contact us – we can help

alz.org

- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Center

800.272.3900

- 24/7 Helpline – Available all day every day

alz.org/findus

- Support groups, education programs and more available in communities nationwide

training.alz.org

- Free online education programs available at training.alz.org

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Get involved



THE LONGEST DAY

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advocate

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trialmatch

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Sandra's mother is in the late stage of Alzheimer's disease.


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Questions?

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We're here. All day, every day.
24/7 Helpline: 800.272.3900
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