

WHAT ARE DEMENTIA RELATED BEHAVIORS?

Up to 90% of people with dementia have at least one of these behaviors

- Feeling more sad or depressed
- Losing interest or concern
- Suicidal thoughts
- Excessive worrying
- Getting upset or angry
- Yelling or cursing
- Hitting or shoving
- Pacing a lot
- Wandering away from home
- Acting impulsively
- Inappropriate social or sexual behaviors
- Refusing care
- Following you around a lot
- Hiding or hoarding things
- Seeing and hearing things that are not present
- Believing things that are not real
- Becoming more suspicious of others
- Sleep problems
- Appetite changes



COMMON CAUSES FOR DEMENTIA RELATED BEHAVIORS

Physical Problems

- Pain
- Hunger/thirst
- Constipation
- Fatigue
- Problems with eyesight or hearing
- Change in medications
- Alcohol or drug use

Environmental Problems

- Changes in routine
- Unfamiliar people or places
- Too much noise
- Not enough activity or too much activity
- Lights too bright or too dim
- Room temperature is too hot or too cold

THINGS YOU CAN DO

- Address problems that can cause behaviors
- Create a routine
- Schedule enjoyable activities
- Be flexible, what works one time may not work every time
- Be realistic, levels of understanding and ability will change over time
- Don't argue, talk in a calm manner
- Keep things simple
- Switch the subject or activity
- Remove any firearms and dangerous objects
- Watch for frauds or scams
- Talk to the provider
- **Take care of yourself!**

WAYS IN WHICH TREATMENT TEAM MIGHT HELP

- Look for medical issues such as infections or medications causing problems
- Refer to a specialist to help with eyesight or hearing problems
- Counseling or addiction treatment
- Home safety evaluation
- Driving evaluation
- Support services
- Order a medical ID bracelet with your contact information
- Prescribe medications

MEDICATIONS THE PROVIDER MIGHT PRESCRIBE

Medications are used when other approaches no longer work.

Cognitive medications

- Approved by the Federal Drug Administration (FDA) for Alzheimer's Disease.
- Can help some behaviors for other types of dementia too.

Antidepressant medications

- Not approved by the FDA for use in dementia.
- May help many different behaviors.
- May take weeks to become effective.

Antipsychotic medications

- Not approved by the FDA for use in dementia.
- For severe behaviors when other medications have not helped.
- May take effect more quickly than other medications.
- Usually given for a few weeks or months.
- Can increase risk of stroke and death.