

SERVICES THAT MAY HELP

Home Health

Homemaker/Home health aide
Trained people who come to the home and help with daily activities.

Skilled home health
Healthcare providers who can provide physical, occupational, or speech therapy, wound care, medication management, and vital sign monitoring.

Respite Care

Program to give caregivers a break, whether it's for a few hours or a few days.
May be in the home or at a nursing home.

Adult Day Health Care

Program for recreational and social activities for older adults with dementia that need help with daily activities.

Long Term Care

Medical Foster Homes-Private homes with trained, VA approved caregivers.

Community Residential Care-Residences for those who can't live alone but don't need a nursing home.

Community nursing homes-Facilities with 24 hours a day nursing care for veterans who need help with daily activities.

Community Living Center (CLC)- VA nursing home for eligible veterans

Veterans state homes-Facilities that provide nursing home, domiciliary, or adult day care. Managed by state governments.

CAREGIVER RESOURCES FOR TRAINING AND SUPPORT

Programs to contact

VA Caregiver support line
1-855-260-3274
https://www.caregiver.va.gov/Tips_by_Diagnosis/Dementia.asp

Alzheimer's Association
1-800-272-3900
<https://www.alz.org/help-support/caregiving>

National institute of health
1-800-438-4380
<https://www.nia.nih.gov/health/alzheimers/caregiving>

Alzheimer's Foundation
1-866-232-8484
<https://alzfdn.org/>

Videos to watch

VA videos
<https://www.ruralhealth.va.gov/vets/resources.asp#dem>

UCLA videos
<https://www.uclahealth.org/dementia/caregiver-education-videos>

Books to read

The 36-hour day by Nancy Mace and Peter Rabins

Coping with Behavior Change in Dementia by Beth Spence and Laurie White

MANAGEMENT OF DEMENTIA RELATED BEHAVIORS

A Guide For Caregivers



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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.