

October 9, 2018 Program by Phone

Coping With Difficult Behaviors in Dementia: Strategies You Can Use Today



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Causes of Difficult Behaviors in Persons with Dementia:

All Behavior is Communication

- 1) Look for Common Triggers
 - Physical Pain / Discomfort
 - Anxiety
 - Environment / Surroundings
 - Boredom
 - Medication Side Effects
 - Changes in Routine

- 2) Ask the person what is wrong
- 3) Reassure and Redirect

Prevention

- 1) Daily Schedule / Anticipate Difficult Times (Sundowning)
- 2) Document as much as possible!

Common Difficult Behaviors

Repetition / Wandering / Resisting Care (bathing)