



Managing Five Big Behavioral Challenges

Wandering

- Make time for regular exercise to minimize restlessness.
- Consider ways to keep your loved one from wandering: a home security system, monitoring devices, and/or locks on the doors.

Incontinence

- Establish a routine for using the toilet by reminding your loved one every two hours.
- Avoid drinks with a diuretic effect: coffee, tea, cola, and beer.
- Limit fluid intake before bedtime.

Agitation (e.g., irritation, sleeplessness, verbal or physical aggression)

- Agitation is often triggered when the person with dementia feels he/she is losing control.
- To maintain a sense of control, initiate and follow a daily routine and allow him/her to do as much as he/she is able.
- To calm agitation, use gentle touch, play soothing music, speak in a reassuring voice, or reduce noise.

Mood Changes

- Mood changes can include suspicion, paranoia, jealousy, or accusations.
- To avoid mood changes, avoid arguing about the facts and provide reassurance through touch and affirming words.

Verbal Outbursts

- Verbal outbursts can include cursing, arguing, or threats that are brought on by anger or stress.
- In the event of verbal outbursts, stay calm and be assuring. Validate your loved one's feelings and then try to distract or redirect his/her attention.