

9 Tips for Managing the Challenging Behaviors of Memory Loss

Through no fault of their own, individuals living with progressive memory disorders such as Alzheimer's disease and other forms of dementia typically exhibit a variety of difficult and sometimes disturbing behaviors. According to the **Alzheimer's Association**, the root cause of these unfortunate behaviors is the progressive deterioration of the person's brain cells.

The **Alzheimer's Association** article "[Treatments for Behavior](#)" provides expert suggestions for managing many of the most difficult symptoms and behaviors of Alzheimer's disease. For example:

1. **Anxiety and Agitation** – Try to create a calming, tranquil environment. Be patient and try to project an air of calm. Eliminate loud noises and use soft, relaxing music and ambient "white noise." Activities such as pet visits, art and music therapy and regular exercise, such as daily walks, have also proven effective in reducing the level of stress-related behaviors.
2. **Anger or Aggression** – It is suggested that you should not confront your loved one or try to discuss their angry behavior. The best advice is to allow them some time and space to "decompress." You can also try to distract them with a favorite activity or topic.
3. **Physical Discomfort** – Monitor your loved one's personal comfort regularly. Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Maintain a comfortable room temperature.
4. **Difficulty with Communication** – Try to be very simple and concise in your communications. To understand your loved one, you may have to interpret what they are feeling or attempting to express, as their words may not be clear.
5. **Wandering** – This is a common behavior and may result from your loved one being hungry, thirsty or in some discomfort. Wandering can also be triggered by boredom, anxiety or a lack of exercise. It is best to address the cause or source and attempt to rechannel the wandering into a more appropriate activity.
6. **Evening Restlessness or "Sundowning"** – To control your loved one's increased agitation in the early evening, try to increase their physical activity during the day and monitor their napping schedule. It is also important to monitor and limit their use of products with caffeine and to keep their environment as calm and tranquil as possible in the evening.
7. **Eating Problems** – Try to reduce any distractions when your loved one is eating. In addition, regular exercise is strongly encouraged to increase their appetite. Be sure to monitor their medications, as some may interfere with their desire to eat.
8. **Sleep Issues** – Be aware that confusion and over-stimulation during the day can result in increased restlessness and insecurity at night. Try to encourage a regular sleep routine that is normal for your loved one.
9. **Hallucinations and Suspicions** – It is not productive to argue with your loved one about what is real and what is imagined. Instead, try to focus on the emotions your loved one is feeling. Provide simple explanations for accusations without being confrontational.



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at Canton

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At Provident Village at Canton, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!

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