

DEMENTIA BEHAVIORAL SUPPORT PROGRAM



Behavioral reactions for people with dementia are extremely common.

Intense behaviors are often the result of anger, agitation or fear and can lead to crisis situations.

Individuals with dementia struggle to identify sensations or feelings.

Behavior is Communication

Explore what is causing the anger or agitation (like stress, confusion, or even physical pain/discomfort). Accept that the person with dementia is not in control.

JOY

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THINGS TO DO...

- *STEP INTO THEIR REALITY & OUT OF YOURS*
- *BLAME THE DISEASE NOT THE PERSON*
- *RE-ASSURE*
- *NAME & VALIDATE FEELINGS*
- *SLOW DOWN*
- *APPROACH FROM THE FRONT*
- *KEEP IT SIMPLE*
- *GET ON THE SAME LEVEL*
- *MAKE EYE CONTACT*
- *SPEAK CALMLY*
- *MATCH TONE AND EXPRESSION TO FIT*
- *SMILE & LAUGH WHEN APPROPRIATE*



THINGS NOT TO DO...

- *DON'T TAKE IT PERSONALLY*
- *DON'T ARGUE*
- *DON'T TRY TO REASON*
- *DON'T SAY NO*
- *DON'T GO TOO FAST*
- *DON'T TALK TOO MUCH*
- *DON'T OVER-EXPLAIN*

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