

# understanding and responding to dementia-related behavior





## DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- Mixed dementia:  
dementia from more than one cause

# Objectives

## **By the end of today's program, you will be able to:**

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address common dementia-related behaviors.

## Behavioral changes have many triggers



Pain or discomfort



Over-stimulation  
or boredom.



Fear or frustration.



Unfamiliar surroundings.



Complicated  
tasks.

# Understanding and addressing the behavior



**Detect and connect**



**Address physical needs first**



**Then address emotional needs**

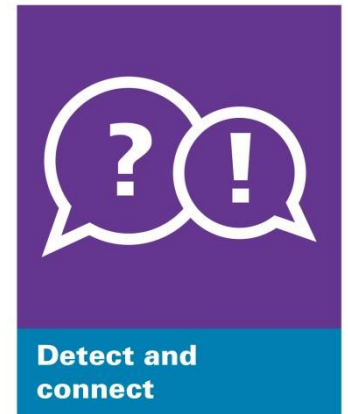


**Reassess and plan for next time**

# Understanding and addressing the behavior

## Detect and connect

- Join the person in his or her reality by trying to see the world through his or her eyes.
- Understand the person's reality in context before intervening: Who? What? Where? When? How? What took place before, during and after the behavior took place?
- Approach the person calmly and respectfully.



# Understanding and addressing the behavior

## Address Physical needs first

- Medical issues.
- Physical problems such as:
  - Hunger or thirst.
  - Lack of social interaction.
- Environmental triggers for discomfort.



# Understanding and addressing the behavior

## Then address emotional needs

- Focus on the person's feelings, not facts
- Use your knowledge of the person's preferences to provide effective interventions.
- Redirect the energy into a more soothing activity.





# Understanding and addressing the behavior

## Reassess and plan for next time

- Go back to detecting and connecting.
- Join the person's reality.
- What went well and what didn't?
- How can you make adjustments?



# understanding and responding to dementia-related behavior

## Apply these to any behavior



# Confusion or suspicion

Not recognizing familiar people, places or things;  
accusing others of theft, infidelity, etc.



# Confusion or suspicion

Let's keep Ann's situation in mind as we review these steps...



# Aggression

Aggressive behavior may be verbal or physical. It may occur suddenly for no apparent reason, or may emerge following a trigger.



# Aggression

dementia-related  
behavior

Once again, review these steps...



**Detect and connect**



**Address physical needs first**



**Then address emotional needs**



**Reassess and plan for next time**

# Repetition

Saying something over and over, repeating words, questions or behaviors.



# Repetition

Let's keep Ann's situation in mind as we review these steps...



**Detect and connect**



**Address physical needs first**



**Then address emotional needs**



**Reassess and plan for next time**



# Wandering

60% of people with dementia will wander, and it can happen at any stage without warning.



# Wandering

Let's keep Ann's situation in mind as we review these steps...



**Detect and connect**



**Address physical needs first**



**Then address emotional needs**



**Reassess and plan for next time**

# understanding dementia-related and responding to behavior

**2024**

**LOUISIANA VIRTUAL CAREGIVER CONFERENCE**

**REGISTRATION**



**SCHEDULE**

**OCTOBER 9**  
6PM - 7:30PM

**OCTOBER 10 & 11**  
10AM - 3PM

*CEU CREDITS WILL BE GIVEN*



**ALZHEIMER'S ASSOCIATION**  
Louisiana Chapter

*Join us for our September 2024 community education programs*

Programs are free and virtual. Click on the links to register.





**Understanding Alzheimer's and Dementia**  
**Informacion Para Entender La Enfermedad De Alzheimer Y La Demencia**  
**Tuesday, Sept. 17 | 6:30 p.m. CT**  
**Presented by Community Educator Dr. Patty Jumbo**

In honor of Hispanic Heritage Month, and in conjunction with the Hispanic Interest Coalition of Alabama, we are offering this important informational program to our Spanish-speaking friends and neighbors.  
 Join Zoom Meeting  
<https://us02web.zoom.us/j/81601381345?pwd=POAj47N7C8IRcvV7puCc9ecvI3m9K0.1>  
 Meeting ID: 816 0138 1345  
 Passcode: 966190

<http://bit.ly/3AE7ML0>





**Know the 10 Warning Signs**  
**Thursday, Sept. 19 | 7 p.m. CT**  
**Presented by Community Educator Austin Berry**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

<http://bit.ly/3MrhVgU>





**Responding to Dementia-Related Behaviors**  
**Thursday, Sept. 26 | 10 a.m. CT**

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

<http://bit.ly/3Z5hujJ>





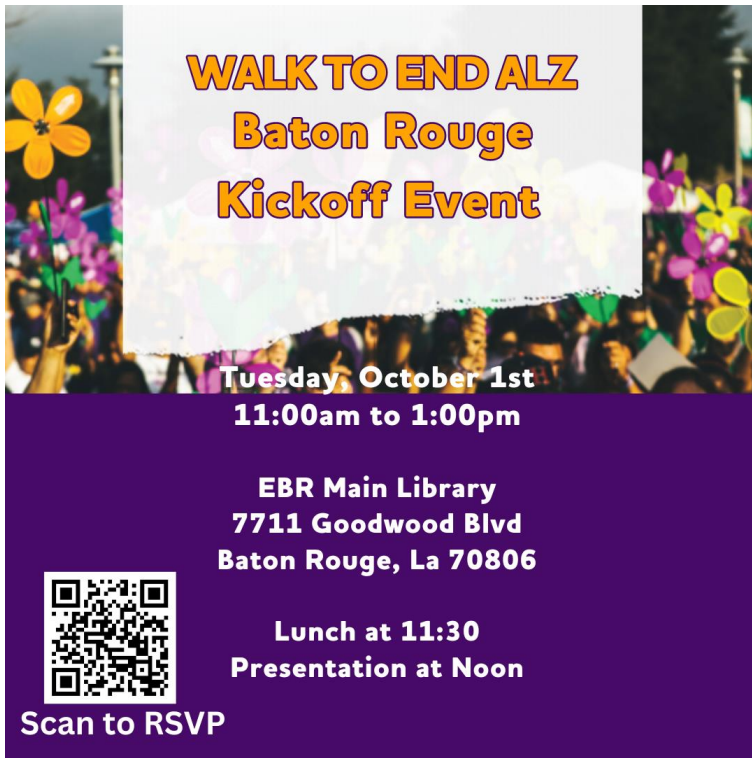
**Healthy Living for Brain and Body**  
**Wednesday, Sept. 11 | 12 p.m. EDT**

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

<http://bit.ly/3Z5hujJ>



24/7 Helpline 800.272.3900 | [alz.org](http://alz.org) 

A poster for the "Walk to End Alzheimer's Baton Rouge Kickoff Event". The top half features a photograph of a crowd at night holding colorful balloons (yellow, purple, green). The text is overlaid on this image. The bottom half of the poster has a solid purple background with white text. A QR code is located on the left side of the purple section.

**WALK TO END ALZ**  
**Baton Rouge**  
**Kickoff Event**

**Tuesday, October 1st**  
**11:00am to 1:00pm**

**EBR Main Library**  
**7711 Goodwood Blvd**  
**Baton Rouge, La 70806**

**Lunch at 11:30**  
**Presentation at Noon**

Scan to RSVP

## Baton Rouge Walk to End Alzheimer's

November 2, 2024

Pennington Biomedical  
Research Center  
6400 Perkins Road  
Baton Rouge, Louisiana  
[www.alz.org/walk](http://www.alz.org/walk)

## Questions?

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### Alzheimer's Association

We're here. All day, every day.

**24/7 Helpline: 800.272.3900**

**alz.org<sup>®</sup>**

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