



## Tips for Managing Challenging Behaviors

By following these suggestions, you can help to minimize your loved one's behaviors that result from this progressive disease.

- **Stress** – Create a calming, tranquil environment. Try to eliminate loud noises and use soft relaxing music, ambient “white noise,” pet visits, art therapy and regular exercise such as daily walks. Be patient and try to project an air of calm.
- **Anger or Aggressive Behaviors** – Don't confront your loved one or try to discuss their angry behavior. Give them some time and space to “decompress” and try to distract them with a favorite topic or activity.
- **Wandering** – Wandering may result from your loved one being hungry, thirsty or in some discomfort. Boredom, anxiety or lack of exercise can also trigger wandering. Try to address the source and re-channel the wandering into a more appropriate activity.
- **Communications** – Be as simple and concise as you can in your communication. To understand your loved one, you may have to interpret what they are attempting to express, as their words may not be clear.
- **Hallucinations and Suspicions** – Don't argue about what is real and what is imagined. Instead, try to focus on the emotions your loved one is feeling. Offer simple explanations for accusations.
- **Evening Restlessness or “Sundowning”** – Increase your loved one's physical activity during the day and monitor their napping schedule. Be sure to limit their caffeine intake and keep their environment as calm and tranquil as possible in the evening.
- **Sleep Issues** – Be aware that confusion and over-stimulation during the day can result in increased restlessness and insecurity at night.
- **Eating Problems** – Reduce distractions in their eating area. Also, encourage exercise to increase hunger and monitor medications as some may interfere with appetite.

**North Woods Village at Edison Lakes** is the area's first memory care assisted living community dedicated to caring for those with Alzheimer's disease, dementia or other memory impairments and providing education, information and resources to families. Visit us online for more information at [www.NorthWoodsMemoryCare.com](http://www.NorthWoodsMemoryCare.com) to read our blog on “**Managing Challenging Behaviors.**”

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