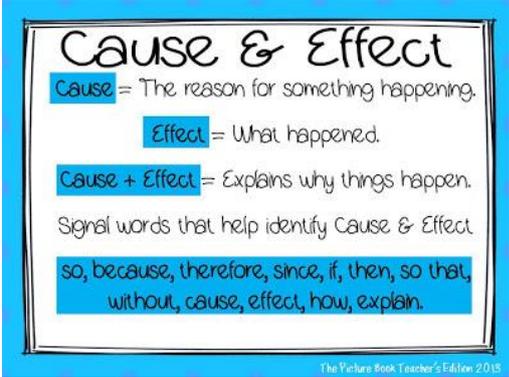
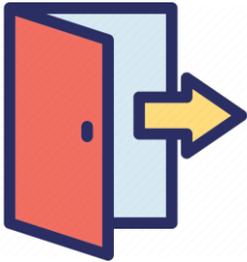


10 TIPS FOR DEALING WITH BEHAVIOUR THAT CHALLENGES IN DEMENTIA

<p>1. Be prepared with realistic expectations</p> 	<p>Challenging behaviour and aggressive outbursts are normal symptoms of dementia accepting this helps you respond in a calm and supportive way.</p>
<p>2. Try to identify the immediate cause or trigger</p> 	<p>Think about what happened just before the aggressive outburst started. Something like fear, frustration, or pain might have triggered it. EG: the resident might start yelling at empty areas of the room and telling people to get out. Looking around, you might notice that the room is starting to get darker because it's early evening. The dim light causes shadowing in the corners of the room, making it seem like there are people in the corner.</p>
<p>3. Rule out PAIN or PHYSICAL DISCOMFORT as the cause of the behaviour</p> 	<p>Many residents with dementia aren't able to clearly communicate when something is bothering them. Is their body language trying to tell you something? Check to see if they need pain medication for existing conditions like arthritis or gout, if their seat is comfortable, or if they need to use the toilet.</p>
<p>4. Use a gentle tone and reassuring touch</p> 	<p>Staying calm and breathing slowly helps to reduce everyone's anger and agitation. Speak slowly and keep your voice soft, reassuring, and positive.</p>
<p>5. Validate their feelings</p> 	<p>If the resident is being aggressive and there isn't an obvious cause, it could be because they're having strong negative feelings like frustration, sadness, or loneliness and don't know how to properly express themselves. Reassure them that it's ok to feel that way and that you're there to help.</p>
<p>6. Calm the environment</p> 	<p>A noisy or busy environment could also trigger aggressive dementia behaviour take notice of the environment to see if you can quickly calm the room. Turn down music volume, turn off the TV, and ask other people to leave the room</p>

<p>7. Play their favourite music</p> 	<p>Music has an amazing effect on mood. Sometimes, singing an old favourite song, humming a soothing tune, softly playing relaxing classical music, or playing their favourite sing-along tunes can quickly calm someone down</p>
<p>8. Shift focus to a different activity</p>	<p>After giving your resident a minute to vent their feelings, try to shift their attention to a different activity – something they typically enjoy.</p>
<p>9. Remove yourself from the room</p> 	<p>In some cases, nothing works to calm the person. If that happens, it may be best to leave the room to give them some space. They may be able to calm themselves or might even forget that they're angry. Before leaving, check to see that the environment is safe and that they're not likely to hurt themselves while you're gone.</p>
<p>10. Make sure you and your resident are safe and call for help in emergencies.</p> 	<p>If your resident can't calm down and is becoming a danger to you or to themselves, you'll need help from others. If the situation isn't extreme and there's a nearby family member or friend that your resident usually responds well to, call and ask them to come over to help immediately.</p>