

## “Tips to Manage Behaviors”

Some Alzheimer’s patients exhibit behaviors that can make life very challenging. Below are some simple tips to help caregivers cope –



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**Aggression** - try to understand the reason for verbal or physical signs of aggression.

- Think about what happened before the behavior. Can you identify what triggered the behavior?
- We are emotional creatures and this does not change with Alzheimer’s disease, but the patient may have difficulty expressing their emotions. Look for feelings behind the event or words being said.
- Speak slowly and in a soft tone. Don’t get angry!
- Can the environment be adapted to reduce the behavior?
- Soothe the patient – music, massage or exercise can be helpful.
- Change the situation – trying something different might reduce the behavior.

**Anxiety or agitation** – restlessness and the need to move around can be signs.

- Can you identify the reason for the anxiety?
- Reassure the patient that you are there, they are safe – use calming words and voice.
- Is the patient bored? Utilize activities, hobbies, art, music, a walk to help provide an avenue for your patient to relax or be engaged.
- Can the environment be changed to reduce noise or distractions?

If you need more information about managing these behaviors or others, **schedule a FREE consultation at Legacy Harbor.** We will be happy to discuss your individual needs in-depth. **Call 253-6320 to schedule your consultation.**

## Calendar of Events

### FREE CONSULTATIONS

**Monday – Friday 9:00 a.m. – 5:00 p.m.**

Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available with a Care Manager. Appointments suggested call 253-6320.

Consultations with Cindi Timmerman, MSW Brevard Alzheimer’s Foundation are available by appointment to provide FREE information and guidance for anyone dealing with memory loss or Alzheimer’s Disease, call 253-6320.

### MEMORY SCREENINGS

East Central Florida Memory Clinic performs FREE memory screenings by appointment. Call 253-6320

### SUPPORT GROUP

#### Safe Harbor during the Storm

The 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month are the time to share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. Hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain. For more information call Legacy Harbor at 253-6320

*FREE consultations for anyone with questions related to dementia, memory loss or Alzheimer’s disease.*

