

Challenging Dementia Behaviors Cheatsheet

REPEATING

What to Say:

- 1) Nothing
- 2) Answer if it is a Question
- 3) Or Replace the repeating with a different repeated pattern (like a familiar song)

CONFUSION (EXAMPLE: "I WANT TO GO HOME")

What to Say:

- 1) Ask "What do you need at home?"
- 2) Keep asking questions about home until you find the unmet need

SUNDOWNING

What to Do:

- 1) Take them outside 1 hour before sundowning
- 2) Give them something to do with their hands during peak sundowning time

ACCUSATIONS

What to Say:

- 1) Don't defend yourself or show evidence/use logic
- 2) Speak to the feelings behind the accusation
- 3) Give space if needed to cool off and then offer to help

Feeling Overwhelmed?

**IF THIS WAS HELPFUL BUT YOU
DON'T KNOW WHERE TO START
OR WHERE TO GO FROM HERE,**

Join the waitlist for Dementia Caregiving Made Easy

Dementia Caregiving Made Easy is a monthly membership that gives you access to the knowledge and tools that make handling challenging dementia behaviors at home easier.

For more information go to
www.dementiasuccesspath.com/dementia-caregiving-made-easy