



Understanding the Behaviors Often Associated with Alzheimer's and Dementia

Part 2 of a 10 Part Series

Anxiety and Agitation

A person with Alzheimer's may feel anxious or agitated. He or she may become restless, causing a need to move around or pace, or become upset in certain places or when focused on specific details.

- [Possible causes](#)
- [Tips to prevent agitation](#)
- [How to respond](#)



Possible causes of agitation

Anxiety and agitation may be caused by a number of different medical conditions, medication interactions or by any circumstances that worsen the person's ability to think. Ultimately, the person with dementia is biologically experiencing a profound loss of their ability to negotiate new information and stimulus. It is a direct result of the disease.

Situations that may lead to agitation include:

- Moving to a new residence or nursing home
- Changes in environment, such as travel, hospitalization or the presence of houseguests
- Changes in caregiver arrangements
- Misperceived threats
- Fear and fatigue resulting from trying to make sense out of a confusing world

Treating Behavioral Symptoms

Anyone experiencing behavioral symptoms should receive a thorough medical checkup, especially when symptoms appear suddenly. Treatment depends on a careful diagnosis, determining possible causes and the types of behavior the person is experiencing. With proper treatment and intervention, symptoms of agitation can be reduced.

Learn more: [Treatments for Behavioral Symptoms](#)

Tips to help prevent agitation

To prevent or reduce agitation:

- Create a calm environment.
Remove stressors. This may involve moving the person to a safer or quieter place,

or offering a security object, rest or privacy. Try soothing rituals and limiting caffeine use.

- **Avoid environmental triggers.**
Noise, glare and background distraction (such as having the television on) can act as triggers.
- **Monitor personal comfort.**
Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Make sure the room is at a comfortable temperature. Be sensitive to fears, misperceived threats and frustration with expressing what is wanted.
- **Simplify tasks and routines.**
- **Provide an opportunity for exercise.**
Go for a walk. Garden together. Put on music and dance.

How to respond

Do: Back off and ask permission; use calm, positive statements; reassure; slow down; add light; offer guided choices between two options; focus on pleasant events; offer simple exercise options, try to limit stimulation.

Say: May I help you? Do you have time to help me? You're safe here. Everything is under control. I apologize. I'm sorry that you are upset. I know it's hard. I will stay with you until you feel better.

- **Listen to the frustration.**
Find out what may be causing the agitation, and try to understand.
- **Provide reassurance.**
Use calming phrases such as: "You're safe here;" "I'm sorry that you are upset;" and "I will stay until you feel better." Let the person know you are there.
- **Involve the person in activities.**
Try using art, music or other activities to help engage the person and divert attention away from the anxiety.
- **Modify the environment.**
Decrease noise and distractions, or relocate.
- **Find outlets for the person's energy.**
The person may be looking for something to do. Take a walk or go for a car ride.
- **Check yourself.**
Do not raise your voice, show alarm or offense, or corner, crowd, restrain, criticize,

ignore or argue with the person. Take care not to make sudden movements out of the person's view.

- See the doctor.
See the person with dementia's primary care physician to rule out any physical causes or medication-related side effects.

We Can Help

Do you have questions or concerns about your loved one's changing behavior? The Alzheimer's Association is here to help.

- Call our [24/7 Helpline: 800.272.3900](tel:800.272.3900)
 - [Locate a support group](#) in your community
 - Visit our [message boards](#)
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- Courtesy of alz.org/care



WOW!!!

Preferred Assisted Living Walk Teams

GREATLY Exceed Our Goals!!

First of all, we would like to thank each and every person that helped make our walk a success!! Our co-workers, families, resident families, and friends all teamed up and did some great things! Casa Bella Team in Las Cruces raised funds by hosting a car wash, an enchilada dinner and recruiting some great fundraising team members.

Albuquerque raised funds by hosting a glamour night, a car wash, and selling raffle tickets for a halloween wreath, as well as donations by some wonderful people!

Las Cruces Statistics:



Albuquerque Statistics:







SEPTEMBER ARMCHAIR TRAVELS

Residents enjoyed "traveling" to Japan in September! They ate candy "sushi", listened to Japanese music and discussed Japan and reminisced about their own travels throughout their lives!



This Month We "Travel" to German for
Oktoberfest!!



Our Super Seniors, are a group of seniors who attend various outings throughout the month. Our outings vary from trips to the mall, local museums, zoo, botanical gardens, senior centers and movies just to name a few. Outings are scheduled in advance and based on space availability. If you are interested in your loved one being part of the Super Seniors Group, please contact Tracy at tayers.apal@gmail.com

NEW MEXICO STATE FAIR 2014







Dessert of the Month Club!

Our fabulous staff never ceases to amaze when they put together their monthly dessert parties! I think some of them must moonlight for the Food Network!

September was All Things Apple!!

Our staff really "wowed" us in September for our Dessert of the Month Club making some beautiful apple desserts!!





alzheimer's  association™

New Mexico Chapter



10th Annual Family Caregiver Conference

Registration is open for the 10th Annual Family Caregiver Conference in Albuquerque. The event will be Saturday, November 1st and this full day of education and pampering is free for family caregivers!

You can download the registration form [here](#), or call (505) 266-4473.



October is Pumpkin Month!!

Join Us For Some Delicious
Pumpkin Desserts

Friday, October 31st

1:00pm

All Locations



October Staff Training Topic

Emergency Procedures

Topics addressed in this month's training include fire safety, responding to emergencies, evacuations and step-by-step use of fire extinguishers.

We feel very strongly that your opinion matters and if there is a certain topic you would like to see our staff have additional training on, please feel free to contact Tracy at tayers.apal@gmail.com and she will be happy to organize this!



Laughing Baby and Bubble Eating Dog

Laughter
is the
BEST
medicine.

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Preferred Locations

Specializing in Care for Dementia and Alzheimer's

Casa Bella - 15 Beds - 2919 Spitz St. Las Cruces
Casa Bella Independent Living - 2 Bedroom Independent Living Apartments - 2915 Spitz - Las Cruces
Casa del Norte - 8 Beds - 3200 Candlelight Dr., NE Albuquerque
Robin House - 10 Beds - 9909 Robin Ave. NE Albuquerque
Tender Heart - 14 Beds - 4308 Tulane Dr., NE Albuquerque
Vista Sandia - 8 Beds - 8604 Camino Osito, NE Albuquerque
West Ridge Village - 14 Beds - 3130 Vista Grande, NW Albuquerque
Willow Wood - 8 Beds - 1008 Chiricahua, SE, Albuquerque

To view photos of our homes and read more about us, visit us at:
[Preferred Assisted Living Website](#)

For Information on Availability or to Schedule a Personal Tour, Contact:

Chris Anaya - 505-884-3830 (Albuquerque)

canaya.apal@gmail.com

Jill Shannon - 575-642-8787 (Las Cruces)

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