

AGITATION

IN DEMENTIA

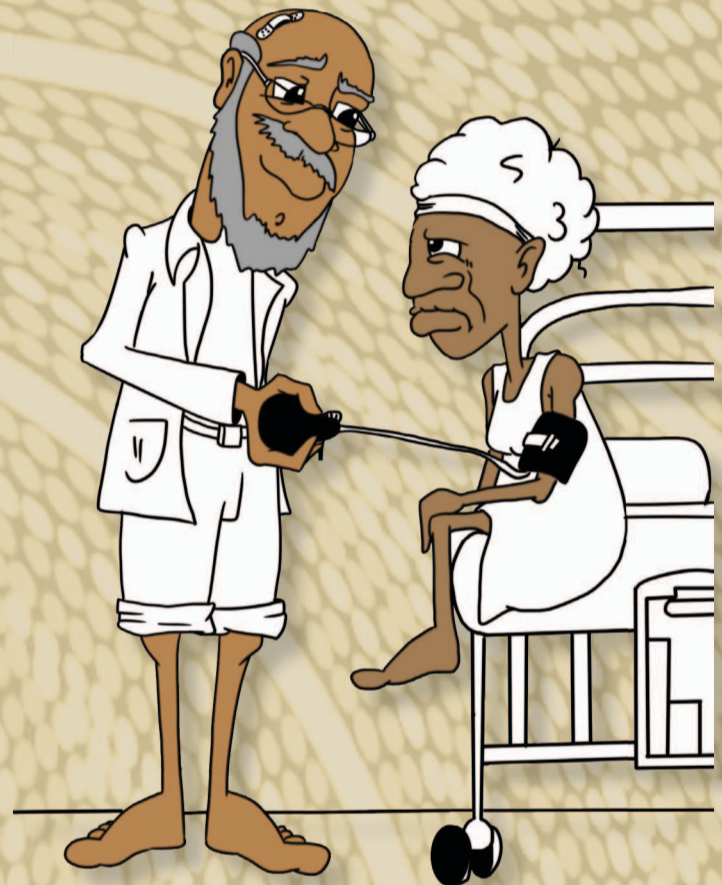


What is agitation?

- Cranky
- Upset
- Restless, can't sit still
- Pace up and down
- Often in the afternoon

Why does it happen?

- Dementia
- Pain
- Sick or infection
- Worried
- Tired
- Want food or drink
- Toilet problems
- Too hot / too cold



What could help?

- Keep respect
- Know their story
- Go to clinic for check up
- Don't argue
- Calm them, help them feel safe
- Keep things to a routine
- Yarning with family and community
- Go back to Country
- Help them do things they like and know well
- Notes and pictures to help them remember



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