

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Expert Tips on Managing the Challenging Behaviors of Memory Loss

To help caregivers, the Alzheimer's Association and other expert sources offer the following suggestions, which have proven useful in managing the difficult behaviors resulting from the progression of Alzheimer's disease and other dementias. For example:

- **General Emotional Distress** – Monitor your loved one's personal comfort regularly. Check for pain, hunger, thirst, constipation, a full bladder, fatigue, infections and skin irritation. Maintain a comfortable room temperature.
- **Anxiety and Agitation** – Try to create a calming, tranquil environment. Be patient and try to project an air of calm. Eliminate loud noises and use soft, relaxing music and ambient "white noise." Activities such as pet visits, art and music therapy, and regular exercise, such as daily walks, have also proven effective in reducing the level of stress-related behaviors.
- **Anger or Aggressive Behaviors** – It is suggested that you do not confront your loved one or try to discuss their angry behavior. The best advice is to allow them some time and space to "decompress." You can also try to distract them with a favorite activity or topic.
- **Wandering** – Wandering is a common behavior and may result from your loved one being hungry, thirsty or in some discomfort. Wandering can also be triggered by boredom, anxiety or a lack of exercise. It is best to address the cause or source and to attempt to re-channel the wandering into a more appropriate activity.
- **Difficulty with Communication** – Try to be very simple and concise in your communications. To understand your loved one, you may have to interpret what they are feeling or attempting to express as their words may not be clear.
- **Evening Restlessness or "Sundowning"** – To control your loved one's increased agitation in the early evening, try to increase their physical activity during the day and monitor their napping schedule. It is also important to monitor and limit their use of products with caffeine and to keep their environment as calm and tranquil as possible in the evening.
- **Hallucinations and Suspicions** – It is not productive to argue with your loved one about what is real and what is imagined. Instead, try to focus on the emotions your loved one is feeling. Provide simple explanations for accusations without being confrontational.
- **Sleep Issues** – Be aware that confusion and over-stimulation during the day can result in increased restlessness and insecurity at night. Try to encourage a regular sleep routine that is normal for your loved one.
- **Eating Problems** – Try to reduce any distractions when your loved one is eating. In addition, regular exercise is strongly encouraged to increase their appetite. Be sure to monitor their medications as some may interfere with their desire to eat.

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Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.

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