



# Dementia Care Resource Guide





### **WELCOME TO JOURNEYS by VIA Health Partners.**

VIA Journeys provides comprehensive care and support for individuals living with serious illnesses, as well as their families. With a focus on ongoing symptom relief, quality of life enhancement and 24/7 access to a dedicated team of healthcare professionals, VIA Journeys offers comfort and peace of mind. With care teams that come to you wherever you call home and the backing of a trusted organization with over 45 years of experience in the community. VIA Journeys is the compassionate choice for those in need of specialized care. With a focus on Dementia support for individuals and caregivers, our dementia programs focus on comprehensive, coordinated dementia care while aiming to improve quality of life for individuals with dementia, reduce strain and burden on their caregivers, and enable individuals with dementia to remain in their homes and their communities.

### **OUR MISSION**

To relieve suffering and improve the quality and dignity of life through compassionate hospice care for those at end-of-life, palliative care for those with advanced illness, and through community education.





## OUR PROMISE

You are our Priority.

Our promise to you is to provide Exceptional Care,  
to guide you and your family on this journey  
and to respect your choices.

Your comfort, needs and wishes come first.

You can count on us....  
where you need us and when you need us.

**THAT IS OUR PROMISE.**



## Dementia Care Resource Guide



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## WHAT IS DEMENTIA?

Dementia is an umbrella term used to describe a decline in cognitive abilities that impairs a person's ability to perform everyday tasks. Cognitive abilities are essential for solving problems, making plans, remembering events, and processing information.

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*Alzheimer's disease is the most common form of dementia, though there are other types as well.*

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A diagnosis of dementia or Alzheimer's can be overwhelming, whether it impacts you or a loved one. Along with the physical and emotional toll, there are important considerations to make regarding caregiving, accessing quality care, managing finances, and sharing responsibilities with family members.

If you're supporting a loved one with dementia, you likely already know how challenging caregiving can be. But the journey ahead may seem uncertain, especially if you're planning to care for them at home. Since dementia is a progressive and degenerative disease with no known cure, navigating this challenge can be daunting for caregivers, and it often involves adapting to new realities over time.

## TYPES OF DEMENTIA

Dementia can result from several conditions, each with its own characteristics and progression. Here are some common types:

### **Alzheimer's Disease**

Alzheimer's disease is the most common cause of dementia. It's a progressive condition where the brain cells are damaged by abnormal protein deposits, leading to difficulty with memory, reasoning, decision-making, and even communication. Over time, these changes impact a person's ability to function independently.

### **Vascular Dementia**

Vascular dementia occurs when blood flow to the brain is reduced, often following a stroke or other vascular problems. This lack of blood flow deprives the brain tissue of oxygen, leading to cognitive decline. Symptoms may vary depending on which part of the brain is affected.

### **Lewy Body Dementia**

Lewy body dementia is caused by abnormal protein deposits called Lewy bodies that form in the brain. These deposits interfere with normal brain function, affecting memory, movement, and other cognitive abilities. Symptoms can include visual hallucinations, sleep disturbances, and difficulty with movement, similar to Parkinson's disease.

### **Other Types of Dementia**

There are many other forms of dementia, including frontotemporal dementia and mixed dementia, which is a combination of Alzheimer's disease and vascular dementia. If you or a loved one has been diagnosed with a different type of dementia, it's important to consult your healthcare provider to understand the specifics and how it may affect your loved one's care plan.



## COMMON SYMPTOMS OF DEMENTIA

Dementia manifests in a variety of ways, and the symptoms can vary from person to person. Here are some of the most common signs:

### Memory Lapses

Forgetting recent events, names, or appointments is common. Short-term memory may be more affected than long-term memory.

### Confusion Over Words

Difficulty finding the right words during conversation or using incorrect words that sound similar.

### Marked Changes in Mood or Personality

A person with dementia may become unusually anxious, fearful, depressed, or even irritable. They may also display personality shifts, such as becoming more withdrawn or overly suspicious.



### Trouble With Abstract Thinking

Difficulty understanding complex concepts, numbers, or abstract ideas. Tasks like balancing a checkbook, planning for future events, or following a conversation can become overwhelming.

### Difficulty Completing Familiar Tasks

Struggling with daily routines or chores, such as cooking a meal, getting dressed, or managing finances, which were once easy and routine.

### Changes in Sensory Perception

Individuals with dementia may perceive the environment differently. They may have difficulty recognizing objects, sounds, or even people, and may become disoriented in familiar places.

### Misplacing Items

Frequently losing items, like keys, glasses, or wallets, and sometimes placing them in odd or unusual locations.

### Impaired Judgment

Showing poor decision-making or risk-taking behavior, such as neglecting hygiene or making questionable financial choices.





## MANAGING SYMPTOMS AT HOME

While the symptoms of dementia can be challenging, many can be managed or controlled with the right approach, medication, and self-care techniques. Supportive care in the comfort of your own home is often a viable option, and there are strategies to help manage both day-to-day care and long-term needs:

- **Structured Routine:** Establishing a consistent daily routine helps provide stability and reduce confusion.
- **Medication:** Certain medications may help manage symptoms or slow the progression of the disease.
- **Safety Modifications:** Making the home environment safe and easy to navigate can help prevent accidents.
- **Engagement:** Encouraging activities that stimulate the mind, such as puzzles, reading, or listening to music, can improve cognitive function.
- **Support Network:** Engaging with family members, caregivers, and support groups can provide emotional assistance and practical solutions.

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*Remember, it's important to work closely with healthcare professionals to tailor a care plan that best meets the needs of the person with dementia.*

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## STAGES OF DEMENTIA

Dementia progresses gradually, and the symptoms evolve over time. While each person's experience is unique, dementia typically progresses through three stages: Early Stage (First Stage), Middle Stage, and Late Stage. Understanding these stages can help caregivers better plan for the care and support needed at each stage.

### FIRST STAGE: EARLY STAGE

During the early stages of dementia, the changes may be subtle and might not be immediately recognized as dementia. However, the person may experience:

- **Forgetfulness:** Occasional lapses in memory, such as forgetting appointments or recent conversations.
- **Word-Finding Difficulties:** Struggling to find the right word during conversations, often using vague or incorrect terms.
- **Problems with Memory and Concentration:** Difficulty recalling details, concentrating, or following conversations.
- **Misplacing Things:** Frequently losing everyday items like keys or glasses and not being able to retrace steps to find them.
- **Trouble Organizing and Planning:** Difficulty managing tasks that require multi-step organization, such as preparing meals or paying bills.
- **Difficulty Remembering to Take Medications:** Forgetting to take prescribed medications or not following medication schedules.

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*At this stage, many individuals can still maintain a level of independence, but caregivers may need to begin offering support in specific areas.*

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### MIDDLE STAGE: MODERATE STAGE

As dementia progresses into the middle stage, symptoms become more pronounced and noticeable. The person may require more support with daily activities. Common signs include:

- **More Obvious Memory Problems:** Memory loss becomes more apparent, with frequent forgetfulness and confusion about recent events or the identity of familiar people.
- **Getting Lost in Familiar Places:** Even in familiar environments, the person may become disoriented or lost, such as wandering in the neighborhood or forgetting where they are.
- **Difficulty Recognizing Family Members:** They may no longer recognize close family members or friends, which can cause confusion and frustration.
- **Increased Dependence on Help with Daily Activities:** Assistance may be needed for basic tasks such as eating, bathing, dressing, and using the restroom.
- **Increased Communication Difficulties:** Struggling to express thoughts or understand others, resulting in frustration.
- **Behavior and Personality Changes:** There may be noticeable shifts in mood or behavior, such as increased agitation, depression, or paranoia.
- **More Dependent on Care:** The person will require increasing levels of care and supervision to ensure safety and wellbeing.

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*Caregivers will often need to provide more hands-on support, and professional assistance, such as home care services or adult day programs, may become necessary.*

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## LATE STAGE: ADVANCED STAGE

In the final stage of dementia, the symptoms are severe, and the individual requires constant care. The person may experience:

- **Difficulty Walking:** Physical mobility becomes increasingly impaired, and they may need assistance with walking or moving from one place to another.
- **Loss of Verbal Communication:** The ability to speak or understand speech may be lost, and the person may rely on non-verbal communication like gestures or facial expressions.
- **Significant Memory Decline:** Memory loss is profound, and the person may not recognize even close family members.
- **Personality Changes:** Personality shifts may become even more apparent, with increased confusion, agitation, or withdrawal.
- **Swallowing and Eating Problems:** Swallowing difficulties may occur, and the person may be at risk of choking or malnutrition.
- **Loss of Control Over Bathroom Functions:** Incontinence becomes more common, and the person may need help with toileting.
- **Recurrent Infections:** People in the late stage of dementia are more vulnerable to infections, such as urinary tract infections or pneumonia, due to their decreased ability to fight illness.

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*Caregiving at this stage often involves managing advanced health needs and providing comfort, along with support from healthcare providers, hospice care, or palliative care services.*

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## PLANNING FOR EACH STAGE

Understanding the stages of dementia can help caregivers prepare for the changes that lie ahead. It's essential to have open discussions about care preferences, explore available resources, and adjust the care plan as the individual's needs evolve.

At all stages, the goal is to provide comfort, maintain dignity, and ensure the person's safety and quality of life. Family members and caregivers should seek support, both from medical professionals and from caregiving communities, to navigate this journey together.



## CARE TECHNIQUES TO HELP THE PERSON LIVING WITH DEMENTIA

If you're caring for someone who has dementia, there are some things you can do to help support their strengths, assist with their overall health and wellness, and delay the onset of further symptoms.

- Keep Their Mind Stimulated: One of the best things you can do for the person living with dementia is to keep them mentally active
- Continue to involve them in conversations
- Include them in family dinners and events
- Chat with them about their hobbies and interests
- Take the time to find activities they enjoy (a game of cards, watching a television show, or going for a relaxing walk); focus on enjoyment, not achievement
- Reduce your expectations
- Avoid the urge to correct any misplaced words or memory errors
- Play their favorite music
- Try a robotic pet to help reduce feelings of isolation and loneliness
- Simplify Their Daily Tasks: Look for ways to reduce the demands on your loved one.
- Offer to manage their household finances
- Set up a meal delivery service so they don't need to cook or shop for groceries
- Hire a housekeeper to do daily chores
- Maintain Some Routine: People with dementia tend to do best when they follow a predictable routine.
- Try to set a daily schedule and stick to it
- Eat meals at the same time every day
- Perform daily physical activity such as walking, riding a stationary bike, or gardening.
- Minimize disruptions to their schedule





## HOME SAFETY

Everyday objects in the home can become hazardous for a person living with dementia because of sensory changes and disease progression. With adjustments, many people living with dementia can stay safe in their homes.

### Evaluate the home for potential hazards:

- Look around for cleaning supplies, chemicals, medications, and poisonous plants (contact the National Poison Control Center at 1-800-222-1222 for more information).
- Check the home for any potential slip, trip, and fall hazards such as throw rugs, small pieces of furniture, extension cords, and clutter.

### Be sure to keep the home well-lit.

#### Stairs:

- Eliminate the need to use by installing door locks or safety gates
- Install railings
- Put colored electrical tape on the edge of the steps
- Consider adding safety grip steps

#### Cooking:

- Turn off the gas when the stove is not in use and/or remove knobs from the stovetop.

#### Bathrooms:

- Install grab bars in the shower, tub, and toilet area
- Consider installing a walk-in shower and a handheld showerhead

#### Water heater:

- Set the temperature to 120 degrees to prevent burns
- Label hot and cold faucets







## SAFETY TIPS

### **Install locks:**

- Childproof locks work well for cabinets, drawers, doors, cupboards, or anywhere that may have potentially unsafe items.

### **Consider using cameras:**

- There are many great monitoring systems and security cameras that can be used to keep an eye on the person living with dementia throughout the day and night.

### **Lock or remove weapons:**

- Guns, knives, scissors, or other weapons can quickly become dangerous.

### **Enroll in a wandering response service:**

- Those enrolled in a program wear a small tracking device in case they go missing. The personal tracker/transmitter tracks the person's location and direction in which they are moving to help emergency personnel locate them as soon as possible. Personal tracking devices that link to a cellphone can also be helpful. These devices may not be reliable in areas with poor cellphone connectivity.

### **Be prepared for emergencies:**

- Make sure smoke detectors and carbon monoxide detectors are in working order
- Gather a list of phone numbers and addresses for local police departments, fire departments, hospitals, and poison control helplines
- See Appendix E for more information

### **Use signs:**

- Use simple instructions and pictures to remind them of danger and help show them where to go. For example, "Keep Closed" or "Bathroom" with a picture of a toilet and an arrow.

### **Evaluate footwear:**

- Buy and wear shoes and slippers with good traction and that fit well to lower the chance of a slip or fall.

### **Consider mirrors:**

- If the person living with dementia no longer recognizes themselves, mirrors can become a concern. Remove mirrors or cover them with curtains.

### **Monitor food:**

- Check food in the refrigerator regularly and throw out any that has gone bad. Keep salt and sugar out of sight if this becomes a concern.



## ! EMERGENCY PREPAREDNESS PLAN

While routine is important for people living with dementia there can be unexpected events that occur. Planning for emergencies ahead of time can ease the stress of dealing with an unexpected emergency. Depending on where you live, those emergencies can be floods, wildfires, home fires, hurricanes, snowstorms, hazardous waste spills, etc. As a caregiver it is helpful to have time to set your emergency plan.

- Make sure your fire alarms and carbon monoxide alarms are working correctly.
- Make sure to have a fire extinguisher in the home and garage.
- Plan where you will go if you need to leave your home. Become familiar with shelters in your area, some of which will be special need shelters and those that take pets.
- If an emergency arises, please refer to the “Who Can Help” information you received when being admitted to the program.





## COMMUNICATION

Dementia can make it harder to communicate with others. The person living with dementia may have difficulty expressing their thoughts and feelings, which can leave them (and you) feeling frustrated. Why Is Communication Important in Caregiving?

- Practicing the way you talk to the person living with dementia can help you provide better care and make your life and their life easier.
- As the caregiver, practicing the way you talk to the person with dementia will help you understand when they are having pain, depression, hunger, frustration, and discomfort.

### How Can Communication Be Improved?

- Have patience when talking with the person living with dementia.
- Try guessing or helping them out if they are having problems telling you something.
- Use simple, easy to understand sentences when talking with them.

### Don't say "Do you remember...."

- If they are having problems remembering who you are, try introducing yourself whenever you talk to them.
- Avoid becoming frustrated and lashing out, as this can make them agitated.
- Always remind them where they are and who they are if they forget. If they are confused, they may not be able to understand what you are trying to tell them.

### Tips for communicating with people living with dementia

While each person living with dementia has unique needs and preferences, the following guidelines can help put the person at ease, to ensure their attention and understanding.

- **Proximity:** Explain what you are going to do before moving into an individual's personal space.
- **Eye Contact:** Move to eye level to ensure that you establish and maintain eye contact with the person.
- **Voice Tone:** Use a calm, reassuring tone of voice, and project positive energy. A friendly and positive affect can help the person feel calmer.
- **Simplicity:** Keep communication simple, making one request or suggestion at a time.
- **Positivity:** Ask requests in a positive manner, avoiding the use of the words 'don't' or 'no'. For example, try "let's go here" instead of "don't go there".
- **Attitude:** Reframe your perceptions and attitude toward the person's behavior. They may not understand the task or directions.
- **Validation:** Do not confront delusions or false beliefs. Rather, validate, reassure, or redirect the behavior.
- **Redirection:** Use redirection or distraction if the person is repeating a question or retelling a story.



## NUTRITION (Eating/Weight Loss)

Eating enough and eating the right foods are important to living a healthy life. Over time, people living with dementia can have more difficulty eating and their judgment on what to eat can become worse.

### Why Is Eating and Monitoring Weight Loss Important?

#### Poor memory and weakened function may make it harder for them to eat because:

- They may forget how to use certain utensils and dishware properly.
- They may forget or not know when they are hungry or thirsty.
- They may forget how to cook certain foods, which could lead to them accidentally eating undercooked foods.
- Over time they may forget how to chew and swallow correctly.
- Forgetting to eat may lead to unintended weight loss.

### How Can We Help with Eating?

- Encourage food and drink if they accept it.
- Meal preparation or helping them eat may be required.
- Offer foods that have a more sweet, spicy, or sour flavor.
- Offer finger foods.
- Provide alternate sources of nutrition, such as ice cream or high-calorie shakes (example: Ensure).
- Make sure food and drinks are a consistency they can swallow easily. (Food consistencies include soft, ground, or pureed. Drink consistencies include thin, nectar, or honey).
- Make sure that food selection aligns with cultural and personal preferences.
- Monitor for coughing with intake (dysphagia) or food staying in mouth or cheeks (pocketing). This may indicate a need to change the consistency of food or drink. If food or drink get into the lungs, a person is at risk of developing pneumonia.
- Maintain good oral and dental hygiene.
- Eliminate distractions such as background noise (TV, music, etc.)

### What If These Things Do Not Help?

Contact your healthcare team about other options for improving appetite or increasing weight.





## PAIN

As an individual's dementia gets worse, it may be harder for them to know when they are in pain and tell you about it. As the caregiver, it is important for you to manage their pain as fast as possible. If left untreated, it may cause more problems in the future for you and the person living with dementia, including unnecessary suffering and agitation.

### **What Is Physical Pain? Why Is It Important to Be Aware of Pain?**

- Pain is different for everyone; some are more sensitive than others.
- Pain can be difficult to check in a person living with dementia, as they may feel it differently or they cannot clearly tell you what they are feeling.
- If pain is left untreated, it may cause depression, frustration, agitation, limited moving, social isolation, and aggression.

### **What Are Some Causes?**

- Arthritis or Gout
- Diabetes
- Bone fractures from Osteoporosis
- Cancer
- Shingles
- Lower back strain
- Sciatica
- Physical trauma
- Sitting or lying for long periods of time without moving
- Urinary Tract Infection (UTI)

### **What Are Some Ways a Person Living with Dementia Might Communicate Pain?**

- Hitting (especially the area that hurts)
- Crying or yelling
- Being restless
- Frowning or tensing up their body
- Withdrawing
- Pain is often more than just physical. It can be emotional, mental, or spiritual. Some of the tips above may help with this type of pain as well.



## PAIN (continued)

### How Can It Be Recognized and How Can We Help with Pain?

- Ask if they have any pain or are uncomfortable throughout the day, try to make them feel comfortable as soon as possible. Make sure to ask about pain both when the person is resting and when the person is moving. Look for any physical signs of pain like:
  - Frowning or grimacing
  - Crying
  - Not moving a certain body part
  - A change in their tone of voice
- Try some at home treatments like:
  - Ice and heat packs
  - Massages
  - Music
  - Meditation
  - Aromatherapy
  - Compression
- It is important to remember that even though the person with dementia may not be able to verbalize pain, they still experience pain.

### What If These Things Do Not Help?

Speak with your healthcare team about taking over-the-counter or prescribed pain medicine.



## SLEEP DISTURBANCES

We all have patterns to our awake and our sleep time each day. Dementia often changes these sleep/wake cycles. Problems with sleeping are common for people living with dementia. They may not get enough sleep or sleep too much, both of which can affect their mood and energy levels.

### What Are Sleep Disturbances?

- Waking up many times during the night.
- Staying awake during the night.
- Sleeping for long periods of time during the day.

### What Are Some Causes?

- Other health problems like depression, restless leg syndrome, and obstructive sleep apnea disorder.
- An uncomfortable bed or feeling pain during the night.
- Changes in the brain caused by dementia.
- Having the feeling to use the bathroom during the night.

SLEEP ROUTINE	ENVIRONMENT
<ul style="list-style-type: none"> <li>• Encourage a regular daily routine with activities to keep them busy</li> <li>• Keep set meal times</li> <li>• Avoid heavy meals 2 hours before bedtime. These may cause reflux or interfere with sleep (especially proteins)</li> <li>• Engage individuals with physical movement during the day (moving arms and legs)</li> <li>• Minimize daytime napping (90 minutes or less)</li> <li>• Set a regular wake/sleep schedule</li> <li>• Limit reading, watching TV, or staying awake in bed for long periods of time</li> <li>• Minimize fluids 2 hours before bedtime</li> <li>• Avoid nicotine, caffeine, and alcohol at least 4 hours before bedtime</li> <li>• Treat any pain, especially before sleep hours</li> <li>• Do not take dementia drugs at bedtime unless specifically instructed by healthcare team</li> <li>• Use bathroom immediately before going to bed</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the room dark during the night and bright during the day (consider blackout curtains)</li> <li>• Reduce noise at night (consider a sound machine)</li> <li>• Eliminate interruptions during sleep. Work with healthcare team to create medicine schedules that minimize waking person unnecessarily to take medicine</li> <li>• Play soothing or relaxing music before bedtime</li> <li>• Consider use of lavender aromatherapy oils or pillow sprays</li> <li>• Evaluate the temperature of the bedroom. Is it too hot/cold? (consider adding/removing blankets)</li> <li>• Consider a fan for white noise or temperature control</li> <li>• Exposure to sunlight or a light box in the morning may help lessen sleep/wake cycle disturbances</li> <li>• Combine light therapy with exercise during the day</li> </ul>

### What If These Things Do Not Help?

If they continue to have sleep problems after trying all these things, let your healthcare team know and they may change current medications or prescribe a short acting sleep medication.



## HOW TO HELP WITH CHANGES IN YOUR LOVED ONE

These changes often arise from unmet physical, social, emotional, and spiritual needs. Think about what may be impacting the person, brainstorm ideas with your team, and try new approaches.

- Agitations & Aggression
- Constipation
- Depression
- Driving
- Hallucinations/Delusions
- Incontinence
- Pressure Ulcers
- Sexual Disinhibition
- Sundowning
- Wandering

### Medications

The person living with dementia may be taking one or more medications daily to manage their symptoms or slow the progression of the disease. Never stop taking medications or change your dose unless instructed by the healthcare team. It is also important to note that with disease progression, the healthcare team may modify your medications.

### Deprescribing (Stopping) Medications

The healthcare team will regularly check in with you regarding the medication routine for the person living with dementia, including the names, doses, and therapeutic goal of medications. The care team will monitor for any changes that may indicate a medication is no longer providing the benefit that was originally intended and may recommend stopping medications, including those intended to slow the progression of dementia.

You may notice that the person living with dementia has more difficulty taking their medications. It's important to tell your healthcare team if you are noticing any of the following changes:

- Difficulty swallowing
- Not opening their mouth
- Spitting medications out
- Becoming more sleepy or groggy (sometimes when these medications are stopped people become more alert and interactive)





## UNDERSTANDING TERMS USED BY YOUR CARE TEAM

- Understanding “Baseline”: Baseline is a word that a healthcare team uses to describe how a person usually thinks and acts. When someone has dementia, his/her thinking and behavior can change, but it is usually a slow change.
- What is “USUAL”: Everyone is different, but you know what the person you are caring for is usually like. When someone has dementia, they have some days that are better than others, but overall, they act and think a certain way.
- When to call a member of your care team: People with dementia may not be able to tell you with words or full sentences that something is wrong. They may not be able to say they are not feeling well.
- You should call the healthcare team if you see that the person has had a sudden or unusual change in the way he/ she is acting, thinking, or has a medical condition that is getting worse. These changes can happen over a period of several days.
- Be prepared to tell the healthcare team what the person is usually like (before he/she had the sudden and unusual change). Please see Appendix A for specific guidance on when to call the healthcare team.

### Understanding Delirium

- Delirium is usually caused by an illness or reaction to medication.
- Delirium looks like severe confusion and can develop over hours or days. The person may seem “out of it” and then become alert again. The person may also have changes in sleeping patterns, with vivid/ intense dreams.
- It is important to call your healthcare team so a member of the care team can make a visit and perform an assessment. The healthcare team may adjust medications. If the symptoms do not improve after medication adjustments, then the patient may need a higher level of care until symptoms are under control.

### Agitation & Aggression

Agitation and aggression can be expressed verbally or physically. They may occur suddenly with no obvious cause, or from frustration/anxiety. This can make your job as caregiver more difficult. It is important to understand that the person living with dementia is not acting like this on purpose.

### What Are Agitation & Aggression?

Frustration and anxiety may cause the person to act out angrily towards other by hitting, pushing, shouting at, or arguing with them.

### What Are Some Causes?

- The person feels uncomfortable.
- Large crowds, or the presence of certain people.
- Annoying sounds.
- The person feels unable to talk about their needs and feelings.
- Fear or confusion about who they are, who the people around them are, and where they are.



### How Can We Help with Agitation & Aggression?

- Check if they have any pain or are uncomfortable throughout the day and try to make them feel as comfortable as can be.
- Let the person do as much on their own as possible.
- Use a caring tone to calm the person down.
- Remind them of where they are, who you are, or who they are if they become confused and anxious.
- Try music. Consider having the person living with dementia listen to 30 minutes of their favorite type of music at the same time every day. If they like dancing, you can try dancing with them.
- Try to exercise with the person living with dementia.
- Aromatherapy.
- Try a robotic pet to help calm the person.

### What If These Things Do Not Help?

Give the person some space if it is not a safety issue and try again later.

If other treatments have not worked, you can talk to your healthcare team about starting them on a medication to treat symptoms and behaviors associated with dementia.





### Alzheimer's Association

Provides information about Alzheimer's and other dementias including ongoing research, programs, and resources including care navigator tools, support groups and a 24/7 helpline.

[www.alz.org](http://www.alz.org)

1-800-272-3900 (24/7 Helpline)

Connect with a local chapter in your state:

[www.alz.org/local\\_resources/find\\_your\\_local\\_chapter](http://www.alz.org/local_resources/find_your_local_chapter)

### Dementia Action Alliance

A national organization of people living with dementia, care partners, and dementia specialists that helps individuals and families living with dementia connect and engage. Offers virtual discussion groups and resources for living well with dementia, including information about assistive technology.

[www.DAAnow.org](http://www.DAAnow.org)

### Dementia Friendly Communities

A growing number of local communities have joined the Dementia Friendly America network, which means they've taken special steps to foster inclusion and support for residents living with dementia. **Find a Dementia Friendly Community near you:**

[www.dfamerica.org/community-directory](http://www.dfamerica.org/community-directory)

### Memory Cafés

Memory cafés, a concept started in the Netherlands in the 1990s, offer a comfortable space where people living with dementia and their care partners, friends and family can socialize, enjoy a meal together, or engage in activities such as games or concerts. **Find a memory café near you:**

[www.dfamerica.org/memory-cafe-directory](http://www.dfamerica.org/memory-cafe-directory)

### National Council of Dementia Minds

A nonprofit organization led by people living with dementia. Dementia Minds groups meet regularly via Zoom and provide dialogue and education about strategies for living well with dementia, including overcoming stigma and finding new ways to live with meaning and purpose.

[www.DementiaMinds.org](http://www.DementiaMinds.org)

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1. [www.nia.nih.gov/health/alzheimers-caregiving](http://www.nia.nih.gov/health/alzheimers-caregiving)
  2. [www.careblazers.com](http://www.careblazers.com)
  3. [www.hhs.gov/aging/long-term-care/index.html](http://www.hhs.gov/aging/long-term-care/index.html)
  4. <https://states.aarp.org/north-carolina/caregiver-resources?CMP=OTH-CAREGIVING-STATEGUIDE-NC>
  5. <https://states.aarp.org/south-carolina/caregiver-resources?CMP=OTH-CAREGIVING-STATEGUIDE-SC>

*Other resources available on request.*



Primary Care Provider: \_\_\_\_\_

**VIA Health Partners Team**

Care Navigator: \_\_\_\_\_

Practitioner: \_\_\_\_\_

Nurse: \_\_\_\_\_

Social Worker: \_\_\_\_\_

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*Available 24/7/365. Call 833.839.1113.*

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**OUR PROMISE**

You are our Priority.

Our promise to you is to provide Exceptional Care,  
to guide you and your family on this journey  
and to respect your choices.

Your comfort, needs and wishes come first.

You can count on us....  
where you need us and when you need us.

**THAT IS OUR PROMISE.**







**Hospice Care** is for patients with a life expectancy of six months or less, if the illness takes its expected course. The focus is to provide comfort measures to treat symptoms of the illness rather than to cure the illness. Patients receive direct care from a hospice nurse and evaluation by a medical social worker. Other team members include: a hospice physician, nursing assistant, chaplain, volunteer, and grief counselor. The care team works in collaboration with the patient's attending physician.

A patient with dementia is eligible for hospice care when they are experiencing:

- advanced or late stage dementia
- difficulty communicating
- an increased need for assistance at meals, bathing, and using the bathroom
- a decline in their ability to move around freely
- dementia with another disease, such as: CHF or COPD, recurrent infections, etc.

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*Hospice care can help you to manage the symptoms of dementia.*

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#### **HOSPICE CARE:**

- Focuses on the whole person.
- Includes medical care with on-call support 24 hours a day.
- Not curative.
- Helps improve quality of life by managing symptoms and promoting comfort.
- Provides emotional and spiritual support.
- Designed to meet the needs of the patient and their family.
- Provided by a team of doctors, nurses, social workers, chaplains, nursing assistants, and volunteers.
- Advance care planning services.
- Respite care available to patients and family. The VIA Health Partners team can help improve the quality of life for people who are living with dementia.