

Yes! I want to do my part to help the Alzheimer's Alliance fight against Alzheimer's disease and support the Northeast Texas families faced with this devastating illness by including a donation with the form below.

- \$1,000 \$500 \$250 \$100
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My donation is

- In honor of: In memory of:

Name: _____

Phone: (____) _____

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Payable and mail to:

**Alzheimer's Alliance of Northeast Texas
211 Winchester
Tyler, Texas 75701**

THANK YOU FOR CARING!
Your gift is tax deductible.

Programs and Services

The Alzheimer's Alliance of Northeast Texas offers the following services and programs to families affected by Alzheimer's in the 16 counties we serve.

Services

- Alzheimer's Day Clubs
- Family Support Groups
- Respite Care Assistance Program
- Tracking and Identification for Wanderers
- Caregiver Helpline

Education

- Educational Seminars
- Annual Regional Conference
- Speakers Bureau
- Memory Screenings
- In-Service Training
- Quarterly Newsletter
- Resource Library

Advocacy

- The Alzheimer's Alliance works with the Alzheimer's Foundation of America to effect legislation benefiting families dealing with dementia.

Research

- 10% of all memorial donations support research efforts.

**Alzheimer's Alliance of Northeast Texas
211 Winchester
Tyler, TX 75701
903.509.8323 • 800.789.0508 • 903.509.8373 fax
www.alzalliance.org**

Resolving Problem Behavior



The Alzheimer's Alliance of Northeast Texas is dedicated to supporting those affected by Alzheimer's disease and related dementias.


**Alzheimer's
Alliance**
of Northeast Texas, Inc.

Anger is a Symptom

Never take difficult behavior personally. Anger in persons with dementia is most often caused by the frustration and loss of control they are experiencing. After a violent episode, never remind the person or blame him for his actions. Your loved one will probably forget the episode, and reminding him of it will only cause more frustration.

Instead of reacting negatively to the behavior, use these suggestions to help you respond appropriately.

Be Calm

- Speak in clear, short, easy-to-understand sentences while making eye contact.
- Always approach the person from the front, so as not to startle him.
- Pay attention to your body language. The person may become agitated if you are angry or frustrated.
- Avoid physically holding or restraining the person unless absolutely necessary.
- If possible, take the person away from upsetting situations.
- Play soft, soothing music on the radio.

Look for Physical Causes

- Check for pain, illness or constipation. Each of these could cause frustration and anger.
- Evaluate medications. Find out if the person is taking medications which may cause anxiety, hallucinations or paranoia.
- Find out if there are any medications available which may decrease symptoms.
- Have a doctor check for impaired vision or hearing, either of which could increase confusion.
- Reduce caffeine intake.

- Make sure the person is getting enough sleep.
- Pay attention to cues in behavior, expressions or body language to determine what the person needs or wants.
- Evaluate your own body language to make sure you are not communicating anger or frustration. The person needs to sense the approval of his caregiver.

Reduce Stress and Confusion

- Avoid situations with a lot of noise and activity. For example, limit family gatherings to a few people at a time.
- Plan for stressful activities, such as bathing and dressing, when the person is rested.
- Establish a routine. Do the same things, such as eating dinner and taking a walk, at the same time each day.
- Keep the person informed. For example, as you are washing his hands, say, “We’re washing your hands now.”
- Avoid changes in home and caregivers when possible. If a move is necessary, include familiar objects in the new home.
- Make changes gradually.

“Validating someone’s feelings does not necessarily mean you agree with them, it means you have heard and acknowledged what they are feeling.”

William G. Hammond
Jea Castrop May
Authors of The Alzheimer’s Legal Survival Guide and The
Alzheimer’s Resource Kit

For additional information contact:
Client Services Coordinator
903.509.8323 • 800.789.0508
903.509.8373 fax

Plan Daily Activities

- Make sure the person exercises every day. Try taking a walk each afternoon.
- Involve your loved one in everyday household chores. Many people are still able to fold laundry, clip coupons, or wash dishes.
- Modify tasks to fit the person’s ability and break each task down into small, simple steps.
- Allow plenty of time for each activity. If you are in a hurry, delay the activity until you both have plenty of time to work on it.

(For more activity ideas, see the Activity Ideas sheet provided by the Alzheimer’s Alliance.)

Offer Distractions

- Offer the person a favorite food or beverage.
- Distract the person by starting a conversation, suggesting a walk, or offering a new activity.
- Give the person something to play with, like a ball or a stuffed animal.

Keep Yourself Safe

- Keep sharp objects out of reach.
- If the person is physically violent, stay out of reach or leave the room to avoid getting hurt.
- Call friends, family, or neighbors for help.
- If violent episodes are repeated, devise an emergency plan to keep yourself and your loved one safe.
- If you feel your safety is threatened, call 911 or your local emergency number.

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