

Managing dementia symptoms

Dementia symptoms and the way they appear in day-to-day life can be the hardest aspect of caring for a loved one with the dementia. Here is a short guide on managing the most common ones.

Sleep



- Keep clocks visible
- Stick to a regular routine
- Get up at the same time everyday with light exposure
- Keep the bedroom dark during the night
- Don't eat or drink late
- Keep naps at the same time
- Check medications that might interfere with sleep

Eating



- Check medication for interference with appetite
- Simple, regular, tasty meals
- Relaxed atmosphere when eating
- Try a coloured plate
- Try more, smaller meals
- Finger food with soft textures
- Share mealtimes and encourage distracting conversation

Difficult behaviour

- Keep routines calm & predictable
- Focus on getting sleep & eating under control
- Try music, craft activities and socialising
- Stay calm & leave the room if you need to
- Distract with conversations about good memories
- Seek support for yourself
- Ask about anti-psychotic medication options

Sundowning



- Keep routines calm & predictable
- Get hydration right
- Exposure to natural light during the day
- Reduce light & noise during nighttime routine
- Gentle day-time activities to help reduce energy at night time

Wandering



- Get a Herbert Protocol filled out
- Consider a personal alarm
- Make sure doors are locked and keys aren't easily accessible
- Let immediate neighbours know
- Stay calm and check familiar places

Dementia care options

There may be a point where you need further support looking after a loved one. There are specialist dementia care services who can help. Search for dementia home or nursing care