

Chorlton & Whalley Range
Dementia Action Group



Dementia and Behaviour Change

What you need
to know



“

If the (difficult) behaviour was accepted it would be so much easier.”

“

Sometimes people just refuse to offer support and help.”

“

It would be good if more people understood about behaviour change – some friends cope, others don't.”

Many people with dementia lose their friends and social contacts at a time when they really need them.

Just like everyone else, people with dementia need their friends and family. Even when dementia is severe people still benefit from social contact. They can feel positive emotions even if they can no longer retain memories.

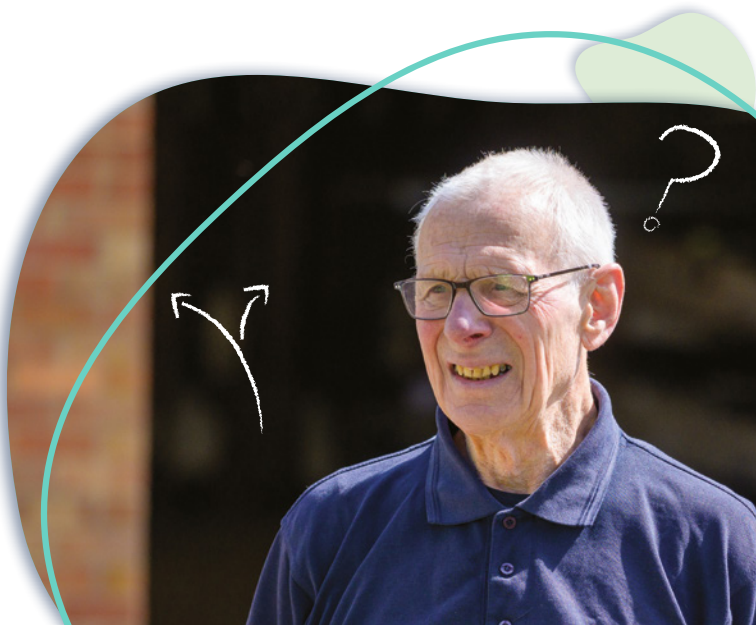




People change, some slowly and some quickly. They become different from the person they were, and those changes continue. Some people find it difficult to accept this “new person”.

Some people are frightened by the changes and are worried that the same thing might happen to them. Others feel like they don't know what to do or how to behave. Other people adapt quickly.

Some people don't want to be dragged into something that seems difficult.



Common changes in behaviour



Talking more



Swearing unexpectedly



Resistance to personal hygiene tasks



Becoming more loving, or more aggressive



Fidgeting



Getting confused about which language they are speaking



Getting delusions



Getting more anxious and paranoid



Getting lost and losing things



Only eating certain foods, or going off certain dishes



Not understanding humour



Mis-identifying common objects

What you can do

- Reach out to the person with dementia, and the people who care for them. Be understanding but also be persistent.
- If you feel uncomfortable about how to act or what to do, ask the person and the person who cares for them.
- Think about what you can do that doesn't involve asking too many questions, such as going out to see things, watching TV, and listening to music, going to a cafe. Find things you both enjoy.
- When you speak to someone with dementia, don't contradict or deny what they are telling you. Join in the story and enjoy the conversation.
- If you're worried about getting too involved, then set some boundaries for yourself about how much involvement you are happy with.
- Be understanding of the stresses and strains that come with living with and caring for someone with dementia.
- People with dementia pick up on your emotions, so if you are calm then they are more likely to be calm.
- Find out more about dementia (there are lots of books and pamphlets) and attend a Dementia Friends course run by the Alzheimer's Society. They are free, fun and informative.

Information and support

Manchester City Council carry out a carers assessment which may lead to additional support.

Tel: 0161 234 5001

Carers Manchester is a first point of contact for carers who require support and advice.

Tel: 0161 543 8000

www.carersmanchester.org.uk

Together Dementia Support is an expert local support organisation for people living with dementia and their families and carers. It maintains a directory of local services.

Tel: 0161 226 7186

www.togetherdementiasupport.org

Dementia UK have a free and confidential advice line where you can speak to a specialist Admiral Nurse who can help with all different kinds of dementia.

Tel: 0800 888 6678

www.dementiauk.org

Chorlton and Whalley Range Dementia Action Group

Email: ChWrDementiaActionGroup@gmail.com

Facebook: Chorlton and Whalley Range Dementia Action Group

More help on what you can do can be accessed here:

www.caregiver.org/resource/caregivers-guide-understanding-dementia-behaviors/

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