

Fear Based Behaviors



Your Memory Care Resource

Fear Based Behaviors

Dementia can cause a range of troubling behaviors from anxiety and suspicion, to wandering and aggression. These symptoms of dementia can often leave caregivers unsure of what to do and how to help their loved one. Fortunately, with tips from our memory care experts, we can help you provide the support and care your loved one needs to help you prevent their combative behavior.

RECOGNIZING & PREVENTING FEAR-BASED COMBATIVE BEHAVIORS...

Your memory care resource



Recognizing & Preventing Fear-Based Combative Behaviors

Seniors with dementia tend to become agitated and combative when they are confused, afraid or uncomfortable. To prevent this, try some of the following tips.

If you begin to notice signs of restlessness or pacing, anger, verbal, or physical aggression, it could mean that your loved one is about to become combative towards you or themselves. **Make a note of when this occurs in order to establish a list of triggers for your loved one.**

If your loved one is uncomfortable or feels as though they are in an unfamiliar place, offer them one of their comfort items. This could be a blanket, stuffed animal or favorite memento. This can reduce their aggression significantly and make them feel more secure.

Try to calm your loved one by also remaining calm. Don't react and become frustrated or angry. Be reassuring and let them know you are there for them. If your loved one responds well to you, hold their hand and ask them to tell you how they are feeling.

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Recognizing & Preventing Fear-Based Combative Behaviors

Sometimes, those with dementia can become physically or verbally violent. If this occurs, take a small break and let it run its course. If you fear they may hurt you or others, **call the proper authorities and let them know your loved one has dementia and is exhibiting this behavior.** They may be able to help you calm them down or provide you with advice.

At night, combative behaviors can be more prevalent because of sundowning and fear of shadows. **Ensure there is adequate lighting and that your loved one doesn't have any unmet needs.**

If there is no rhyme or reason why your loved one becomes combative or fearful, consider talking to their doctor about their medications. They may be causing negative side effects and interactions that enhance fear-based combative behaviors. Be sure to monitor for hallucinations and delusions, as this is a common sign that medication is causing a problem.

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Is this you?

When caring for my
Mom with Alzheimer's...

I AM A HERO

I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



SERENITY
MEMORY CARE

Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, call 402-441-7101

