

# Daily Living Tips | Behavioral




For Caregivers

A person with dementia may sometimes be difficult or exhibit inappropriate behavior. Here are some tips to help manage their actions.

Plan for short activities with frequent breaks.



The person may be impulsive and need to slow down how they deal with problems.

-  **STOP:** Observe what is happening
-  **THINK:** Consider the options
-  **DO:** Remind them to STOP-THINK-DO whenever needed

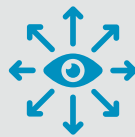
Focus on landmarks so the person is less likely to get lost.



Encourage simple and regular routines. Complete the same activities at the same time each day.



The person will need to be around others to observe normal social behavior. Role play to prepare for challenging situations.



If behavior is hard to manage, consider what is happening around them that may be a trigger for their distress.



Plan for the person to carry out tasks slower than before. Be aware, don't plan challenging tasks if the person is tired or distracted.



If behavior is inappropriate, immediately and respectfully tell them. E.g., "No, it is not appropriate that you touch me."



Aim for one-to-one or small group gatherings.

