

# TERRA VISTA TIPS

## 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 Terra Vista's memory care experts, we can help you provide the support and care your loved one needs to help you prevent their combative behavior.

### HOW TO RECOGNIZE AND PREVENT FEAR-BASED COMBATIVE BEHAVIOR

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.

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.

For more information about what causes combative behavior or to learn other ways to prevent it, contact the team at Terra Vista.



630.534.0886



info@TerraVista.org

### YOUR RESOURCE FOR DEMENTIA BEHAVIORS

We would be happy to provide you with the support you need to make caring for your loved one with dementia easier.

**An Alzheimer's Assisted Living Community**

1635 S. Ardmore Avenue | Oakbrook Terrace, IL 60181

TerraVista.org



*Terra Vista*

of Oakbrook Terrace

All Inclusive Memory Care Assisted Living