

Managing Agitation And Anger In Persons With Dementia



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People with dementia may have difficulty expressing themselves and controlling their emotions. Sometimes they respond by being angry or agitated. Agitation is usually triggered by something that upsets them or makes them uncomfortable.

Every person with dementia is different. It takes time and effort to understand your loved one and to work out what may be triggering such behaviour in them. Identifying triggers will help you take steps to managing these outbursts.

What Are The Causes Of Agitation?

Physical	Emotional Well-being	Environment
<ul style="list-style-type: none">• Fatigue or change in sleeping patterns.• Over-stimulation or disrupted daily routine.• Pain or discomfort e.g. wet diaper, knee pain.• Side effects of medications.• Hallucinations• Loss of emotional regulation due to brain disease.	<ul style="list-style-type: none">• Feeling insecure or sense of abandonment.• Sensing their caregiver's stress, frustration or impatience.• Being scolded.• Recollection of unpleasant memories.	<ul style="list-style-type: none">• Busy, noisy, crowded places.• Physical restraints that restrict movement and cause discomfort.• Unfamiliar people or places.• Hearing strange sounds.

What Can I Do To Prevent It?

1 Set Up A Daily Routine

- Have a regular schedule – regular meal, bath and activity times.
- Go for a walk – regular exercise helps to reduce stress.
- Allow time for the person to get used to changes e.g. going to a new day care centre.
- Regular orientation – having a large clock and calendar to remind them of the time.

2 Speak Clearly And Simply

- Speak slowly and clearly using short sentences and simple words.
- Give them enough time to process your instructions.
- Do not ask questions that will test their memory.
- Try not to reason with them as this can lead to more frustration.
- Do not scold them or raise your voice.
- Approach them from the front so they can see you clearly.

3 Keep The Home Safe And Clean

- Reduce clutter and unnecessary/unfamiliar noise.
- Protect them by removing knives and other sharp objects.

4 Check For Any Discomforts

- Schedule regular toilet times or check their diapers regularly.
- Check if they are in pain and give pain relief medication as necessary.

What Do I Do When They Are Angry?

- Speak in a calm and gentle voice. Do not shout or scold them.
- Use gentle, familiar, physical touch e.g. holding their hands.
- Distract them with their favourite food or activities.
- Bring them for a walk.
- Provide reassurance. Say “I understand” even if you do not know why they are upset.
- Serve medications as guided by the geriatric team for those who have been prescribed such medications.
- Do not confront them directly.
- Leave the scene if you feel you are in danger and call for help.



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This information has been prepared by the Memory Clinic at Alexandra Hospital (AH). The AH Memory Clinic offers comprehensive assessment, support and management of those with memory problems through a multi-disciplinary team.

Contact Us

24-HR Urgent Care Centre

Location

Block 6, Level 1

Operating Hours

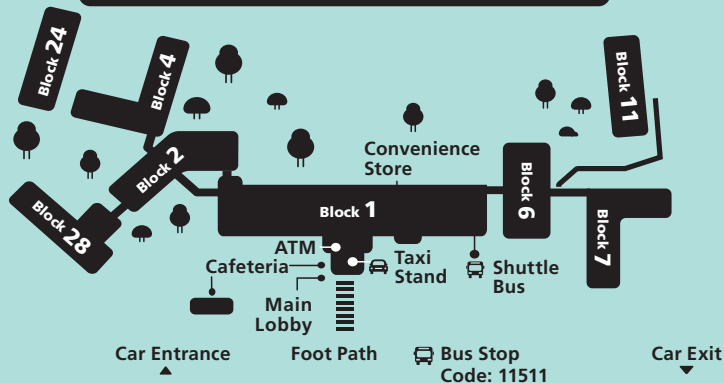
24 hours, 7 days a week

Main Line

Contact Number

+65 6472 2000

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (March 2021) and subject to revision without prior notice.

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