

Warning signs of Dementia

IMPORTANT: Consult with a physician immediately if you note any warning signs that could potentially result in physical harm.

Sign	What to expect	How to respond
Anger/Anxiety 	When feeling anxious, they may become restless and pace. They may become upset in certain places or when focused on specific details. This may escalate to aggressive verbal or physical behavior which can occur suddenly for no apparent reason or result from a frustrating situation.	<ul style="list-style-type: none">• Try to identify the immediate cause• Rule out pain as the cause of the behavior• Listen to the frustration and provide reassurance• Modify the environment or try a relaxing activity• Talk with their physician about medication effectiveness
Depression 	Depression is very common among people with Alzheimer's, especially during the early and middle stages.	<ul style="list-style-type: none">• Speak to a certified therapist – appropriate treatment for depression can significantly improve the quality of life• Suggest activities and events that bring them joy
Hallucinations 	They may see, hear, smell, taste or feel something that isn't there.	<ul style="list-style-type: none">• Provide reassurance, but respond honestly• Use distractions – playing soothing music or walking into a brightly lit room can help diffuse a hallucination• Modify the environment
Memory loss and confusion 	In the later stages of the disease, they may not remember familiar people, places or things.	<ul style="list-style-type: none">• Respond with a brief explanation• Show photos and other reminders• Discuss people and events as if they exist in the same timeframe in which they are being recollected
Wandering 	They may lose their ability to recognize familiar places and faces, causing them to wander.	<ul style="list-style-type: none">• Start search efforts immediately• Look in the surrounding vicinity• If not found within 15 minutes, call 911