



Family
Caregiver
Alliance®

5 Tips to Help You Understand Dementia Behaviors

It's not easy caring for someone with dementia caused by Alzheimer's or a similar degenerative brain disease. Here, we've collected five tips to remember when encountering challenging dementia behaviors.



We cannot change the person.

The person you care for has a brain disorder that shapes who they have become.

Behavior is triggered.

It might be something a person said, a medical or dental issue, change in their surroundings, or a feeling of loss of control.



Behavior has a purpose.

Behavior fulfills physical or emotional needs: having to use the bathroom, feeling hungry, or wanting to feel safe, useful, or productive.

What works today, may not tomorrow.

It's important to remain patient, flexible, and curious about the root of challenging behavior.



Maintain a positive attitude.

Behaviors are coping tactics for deteriorating brain function. Try to stay positive, resist taking things personally, and keep a sense of humor.

Want to learn more? Find tools, tips, and caregiver resources in our **Caregiver's Guide to Understanding Dementia Behaviors** fact sheet at caregiver.org/resource/caregivers-guide-understanding-dementia-behaviors.

