Behaviors in Dementia

Monica W. Parker, MD
Director, Minority Engagement Core (MEC)
Emory Goizueta Alzheimer’s Disease Research Center
Objectives

• To identify disturbing behaviors in persons with dementia

• To develop a better understanding of the causes of disturbing behaviors

• To enable caregivers to develop strategies for responding to these behaviors and maintaining “order”
Most Commonly reported

- Wandering
- Repetition of words, statements, stories
- Sleeplessness
- Paranoia
- Irritability
- Urinating and Defecating in the wrong places
- Crying
Prevalence of Behavioral Disturbances in Dementia

- Nonpsychotic “agitation” 75%
- Psychosis 40%
- Anxiety 40%
- Depression 25%
- Threatening or violent 25%

Why do these behaviors occur?

- The brain is damaged by the disease process.
- The part of the brain that controls these behaviors has deteriorated. The person is NOT able to control these behaviors, nor are they aware of them.
Precipitating Triggers for Behaviors

• Changes in environment
  – Moving their location, altering daily routine

• Overstimulation
  – Loud noises, crowds

• Change of caregiver
  – A new or different person they are not familiar with
Behavior Triggers

• Infection
• Pain
  – Inability to express with words so screaming, crying may ensue
• Lack of sleep
• Hunger
Behavior Management

Pharmacologic- With Medicine

Non pharmacologic- Without Medications
Medical management

Medications may be used when behavioral strategies do not work.

Cholinesterase inhibitors
  – donepezil, galantamine, rivastigmine

Antidepressant medications
  – SSRI (celexa, zoloft, lexapro)

• Antipsychotics
  – Risperdal, seroquel, abilify
Non Medical management

• An established daily routine
• Consistent environment
  – Temperature, noise, location, people
• Daily physical activity
Summary

• Behaviors are caused by the disease’s effect on the brain.
• Medicines may be used to manage behaviors when other strategies are ineffective.
• Behavioral strategies can be used to manage behaviors
Access to Resources & Services

For Older Adults and Persons with Disabilities

Connie Gorz, Metro Atlanta RSVP
What is the ADRC?

- Serve as entry points to long-term care supports and services
- Not a place or a program, but a coordinated system of collaborative effort designed to streamline access to long-term care
- Call 866-552-4464 then press option #2 then option #4 to reach any ADRC in GA or visit www.georgiaadrc.com
www.empowerline.org

or

404.463.3333
The ADRC / Empowerline

- Certified information and referral counselors
- Extensive database of more than 25,000 services
- Over 90,000 requests for assistance annually
- **Live chat service** (9am – 5pm, Mon – Friday)
Why would someone call the ADRC/Empowerline?

• Current crisis
• Stressed caregiver calling for help
• Looking for particular resources
• Know they need help but don’t know what’s available
Atlanta’s ADRC Services
Home and Community Based Services

In-Home Services
- Home-Delivered Meals
- Homemaker
- Personal Care
- Respite Care
- Ombudsman Services for persons residing in personal care homes or nursing homes
- Senior Employment Services

Community-Based Services
- Senior Recreation
- Congregate Meals
- Transportation
- Home Modification/ Repair/ Chore Service
- Adult Day Program
Medicare Insurance Counseling

GeorgiaCares provides counseling & information on:

- Medicare
- Medicaid
- Medicare Saving Programs
- Extra Help for Part D
- Supplemental Insurance
- Prescription Assistance Program

1-866-552-4464
**Telephone**

**Lifeline** is a program that helps with costs for telephone charges.
To apply for Lifeline contact your local service provider.

**AT&T Customers, contact**
1-888-757-6500

**Link-Up Georgia** reduces cost of hook-up charges for eligible customers.
To sign up for Link-Up Georgia, contact your local telephone service provider.
All persons are encouraged to report suspected abuse to protective services. Abuse can be:

- Physical
- Mental
- Emotional
- Verbal
- Sexual
- Neglect or Self Neglect
- Financial Exploitation
Loneliness, Social Isolation and Depression
<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Georgia Crisis &amp; Access Line</td>
<td><a href="http://www.mygcal.com">www.mygcal.com</a> 800-715-4225</td>
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<tr>
<td>National Suicide Prevention Hotline</td>
<td>800-273-Talk</td>
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<tr>
<td>Emergency/Fire/Police</td>
<td>9-1-1</td>
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<tr>
<td>Veterans Crisis Line</td>
<td>800-273-8255</td>
</tr>
<tr>
<td>Fuqua Center for Late Life Depression(Patient Appointments/Intake)</td>
<td>404-778-5526</td>
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<tr>
<td>SAMSHA Treatment Locator Line</td>
<td>800-662-4357</td>
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Got Questions? We’ve Got Answers

Meet empowerline

We’re here to help you navigate life changes

- Home-based services so you can thrive independently on your terms
- Information to navigate health systems and services
- Programs to connect with friends and neighbors

www.empowerline.org or 404-463-3333
Questions
Mindful Breaths for Care Partners

Practical Steps for Care Partners to Cultivate Calm

Megan Nare
Yoga Instructor, E-RYT 500
Emory’s Cognitive Empowerment Program
Overview for Today

1. HAAA Sounding Breath
2. Birthday Candle Breath
3. Invitation to CEP Yoga
Online Weekly Zoom Class
Gentle Chair Yoga & Mindfulness

With the Emory Cognitive Empowerment Program

Begins Tuesday, August 11
11:15 - 12:00 pm

https://emory.zoom.us/j/6504880933
Meeting ID: 650 488 0933