

# Dealing with Dementia Behaviors

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# Selected Behavioral Symptoms in Dementia

- Apathy (50%–70%)
- Agitation (40%–60%)
- Mood lability (40%)
- Blunted affect (40%)
- Disinhibition (30%–40%)
- Withdrawal (30%–40%)
- Delusions (20%–40%)
- Anxiety (30%–50%)
- Suspiciousness (30%)
- Dysphoria (20%–40%)
- Hostility (30%)
- Aggression (10%–20%)
- Hallucinations (5%–15%)

# Etiology of Dementia Behaviors

## Intrinsic Factors

- Brain damage
- Co-morbid diseases
- Medications
- Pain
- Physical needs

# Etiology of Dementia Behaviors

## Extrinsic Factors

- Environment
- Social
- Staff

# Behaviors Warranting Urgent & Probable Medication Interventions

- Violent behaviors (not redirectable)
- Distressing hallucination, delusions or paranoia
- Abrupt worsening (pending evaluation)
- Depression with rapid change / functional impairment

# Nonpharmacologic Approach to Behaviors

- Define the behavior
- Determine the nature and extent as a problem
- Determine why the behavior occurs
- Design interventions
- Evaluate and redesign as needed

# Basic Principles of Problem Behavior Solving Strategies

- Early intervention
- Confrontation avoidance
- Control excess stimulation
- Distract and redirect
- Maintain dignity

# Behavior Interventions

- Therapeutic
  - Music
  - Sensory
  - Reminescent
  - Social
- Control Mechanisms
  - Contextual
  - Consequential
  - Stimulus

# End of Life Changes Affecting Behavior

- Worsening “4 A’s”
- Concomitant diseases
- Difficulty defining behaviors
- Care plan goal changes
- Shifts in behavior types
- Intervention limitations