

Changes you may see	What underlies this?	What might help?
<p><b>Restlessness</b></p> <p><b>Following you around</b></p> <p><b>Trying to leave the house</b></p>	<p><b>Boredom/lack of stimulation –</b> Understandably it may be harder to fill your time at present, people naturally want to be occupied, but it may be hard for the person living with dementia to initiate tasks and stay with them without prompting and assistance.</p> <p><b>Feeling anxious</b> and needing to stay connected to a person of trust and skill.</p>	<p>Planning a routine for the day – break it up into chunks of time 30 minutes long. You don't need to account for every minute but having some plans gives some interest and variety.</p> <p>Make a list of things you can do both inside the house and in your garden/balcony if you have one. Are there any jobs you've not had time to do?</p> <p>This might be the time to try something new together</p>
<p><b>Changes in mobility</b></p> <p><b>Grimacing, a look of pain or discomfort on their face</b></p> <p><b>Sleeping or eating poorly</b></p> <p><b>Looking tense</b></p> <p><b>Being terse or more disagreeable</b></p>	<p><b>Pain –</b> Being in pain or discomfort can be really difficult to deal with and you may not feel able to focus on anything else.</p> <p>People with dementia may not be able to tell us when they are in pain.</p>	<p>Use of prescribed and safe medication.</p> <p>Trying to mobilise a small amount to prevent stiffness.</p> <p>Use walking aids.</p> <p>Sit and sleep in a comfortable and supported position.</p> <p>If concerned, contact the GP for advice.</p> <p>Distraction from low level pain through activities.</p>

<p><b>Asking about different people or groups you usually go to</b></p> <p><b>Seeking you out more than usual</b></p>	<p><b>Need for social contact</b> – self isolating reduces opportunities to spend time with others which is so important for our wellbeing.</p>	<p>Call friends and family, and if you can, use video call.</p> <p>Look through photos or watch home videos– remember the nice things you have done with others.</p> <p>Listen to the radio – hearing another voice might help you to feel more connected to others.</p> <p>Call a telephone support line.</p> <p>Make plans of things you would like to do in the future – it might help to have things to look forward to.</p>
<p><b>Appear worried or anxious</b></p> <p><b>Be expressing a lot of concerns or becoming more repetitive in their questioning.</b></p> <p><b>Wanting to be near you more than usual.</b></p> <p><b>Hiding away.</b></p> <p><b>Not appearing to understand or follow current guidelines.</b></p>	<p><b>Need to feel safe</b> – changes in routine, concerns about this pandemic, not having access to usual support and not understanding or retaining information may lead to increased anxiety.</p>	<p>Acknowledge how the person is feeling, this is a normal response to an abnormal situation.</p> <p>Give reassurance that you are doing all you can to look after yourself and them.</p> <p>Make use of comforting and familiar items such as photos, music, and remember your presence might be reassuring in itself.</p> <p>Where possible do something fun, it is hard to feel worried and be smiling or laughing.</p>

<p><b>Resisting your suggestions and help.</b></p> <p><b>Trying to do more for themselves.</b></p> <p><b>Wanting to do what they normally would e.g. go out for a walk, go to the shops.</b></p> <p><b>Making more requests or demands e.g. I want to do this.</b></p>	<p><b>Need for control</b> – we all want to be able to make decisions about our own lives, currently some big decisions are being made for us in terms of advice to stay at home where possible. In times of uncertainty it can be helpful to focus on what we can still influence and control.</p>	<p>Give the person choice, for example about meal options, or when they do certain activities.</p> <p>Ask them to do something to help you such as a house task.</p> <p>Where safe, respect their ‘no’. You can always try again later.</p> <p>Focus on what you can control for yourself.</p>
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*Author: Memory Team Psychology Service, Cardiff & Vale University Health Board*