

## Calming Agitation in Dementia: A Quick Guide for Families

When a loved one with dementia becomes agitated, it's often their way of expressing confusion, fear, or discomfort. Medication isn't always the first or best solution.

**Non-pharmacological approaches can be highly effective and empowering for caregivers.**

Focus on **3** Key Areas 

### 1 Redirect & Distract.

- **Validate Feelings.**  
"I can see you're upset" goes further than "You're fine."
- **Gently Redirect.**  
Shift focus to a soothing or enjoyable topic or activity.
- **Engage with Meaning.**  
Try music, a favorite show, or a simple task like folding laundry.
- **Employ Therapeutic Fibbing.**  
It's okay to reassure rather than correct in moments of distress.
- **Offer an Alternative.**  
Suggest a walk, snack, or relaxing game.



### 2 Create a Calming Environment.

- Lower background noise and dim harsh lighting.
- Play soft, familiar music.
- Keep personal objects and family photos nearby.
- Avoid clutter and distractions.
- Use soft tones and reassuring body language.



### 3 Maintain a Gentle Pace.

- Speak slowly and clearly.
- Allow plenty of time for responses.
- Avoid rushing or overwhelming the person.
- Pause between instructions or questions.
- Approach from the front and make eye contact before speaking.



## Home Care Can Help!

Families don't have to face these moments alone.  
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