



Florida REACH Project

Resources for Enhancing Alzheimer's Caregiver Health

Prescription for Talking Loudly and Rapidly

Specific Behavior:

Overall Goal of this Prescription:

Please remember that dealing with challenging behaviors can be stressful. The brief relaxation strategies will help you deal with stress when dealing with this challenge. In particular, we recommend using the signal breath technique immediately before you use the strategies suggested in this behavioral prescription.

Strategies for preventing a challenging behavior from occurring (try picking one thing and sticking with it for a few weeks):

Prevent frustration that may lead to anger and upset behavior by trying to identify the source or trigger of upset.

1. Avoid places with loud noise or too much activity.
2. Plan stressful activities for when your loved one is most rested (e.g., give bath after breakfast).
3. See that your loved one gets exercise (e.g., take a daily walk).
4. Limit the number of choices to avoid confusion.
5. Try to avoid making changes in the home.
6. Create activities based on past hobbies and interests.
7. Watch for signs of frustration, such as fidgeting, pacing, and loud talking so you can intervene before the situation gets worse.

Other strategies:



Strategies for guiding how you respond during or after a behavior occurs:

1. Offer support and acceptance for what your loved one believes, even if it doesn't go along with your reality.
2. Do not argue with your loved one. People with dementia really believe what they say. Trying to convince them otherwise and/or that they are wrong will only make them more upset. It may be better to agree or change the subject. Don't feel guilty about this.
3. If you know a certain situation is likely to upset your loved one, try to be flexible. For example, if your he/she gets upset when making the bed, try to make this time as short and pleasant as possible.
4. Make everyday events activities to be shared and enjoyable.
5. Keep your voice soft and low, speak clearly, and use calming words.
6. If possible, take your loved one away from an upsetting situation (e.g., go to a quiet room, go for a walk).
7. Try to distract your loved one. Offer a favorite food or candy. Try listening to music.

Other strategies:

General Information:

You are a dedicated caregiver and you are doing a great job. We understand that this can be very upsetting to you and are committed to helping you with this challenge. We believe these strategies will help and look forward to working with you in the coming weeks.

Please remember that you can reach out to the social workers on your medical team if you have any questions or concerns.