

Staying in Touch with Issues Concerning Seniors in Our Community

Finding Your Calm: Navigating Anxiety & Agitation in Alzheimer's

Understanding Agitation & Anxiety

Agitation is more than restlessness. It's a sign that someone with Alzheimer's is overwhelmed, overstimulated, or unable to process what's happening around them. They may pace, become visibly upset, or act out in ways that feel unfamiliar.

What Causes Agitation?



Many factors can lead to increased anxiety and agitation.

- Moving to a new home or care setting
- Changes in routine (travel, visitors, hospital stays)
- New caregivers or unfamiliar faces
- Misperceived threats or confusing surroundings
- Fear, fatigue, or overstimulation

Preventing Agitation Before It Starts

Small adjustments go a long way in preventing emotional escalation.

- **Create calm spaces.**
Reduce clutter, lower noise levels, and dim harsh lighting.
- **Watch for discomfort.**
Hunger, pain, or infections often show up as mood changes.
- **Simplify.**
Break down daily tasks into smaller, more manageable steps.
- **Keep a rhythm.**
Routines bring comfort and predictability.
- **Exercise gently.**
A walk, a dance, or time in the garden helps release nervous energy.



We Provide Compassionate Professional Support!

How to Respond in the Moment

When someone is agitated, your response matters. Use empathy, not urgency.

✓ Do This

- Speak softly and make **calm, positive statements**.
- Offer **reassurance**. "You're safe here." "I'm here with you."
- Give **guided choices**. "Would you like to sit here or over there?"
- Redirect attention. **Music, art, a walk, or something meaningful can help.**
- **Slow your pace**, dim light, and reduce stimulation.

Helpful Phrases to Say

Use calming, validating words...

"How can I help you?"

"You're not alone."

"I know this is hard."

"Everything is under control."

"I'll stay with you until you feel better."

✗ Avoid This

- Don't raise your voice or argue.
- Don't rush, crowd, or corner the person.
- Don't ignore signs of distress.
- Don't force a situation to "go back to normal."

Medication & Medical Support

Sometimes, agitation is linked to underlying health issues or medication side effects. **Work with the person's physician to...**

- Rule out infections or pain.
- Adjust medications if needed.
- Explore if medications for agitation are appropriate.

When It's Time for Help, We're Here

Our experienced home care team provides the compassionate, professional support your loved one needs and the peace of mind you deserve.

Whether it's a few hours a day or around-the-clock care, we'll be by your side with...

- Trained dementia care professionals
- Meaningful companionship and supervision
- Consistent routines to reduce stress
- Personalized support tailored to your family's needs

**Call us today to learn more or
schedule a complimentary consultation.**



Serving the Greater Austin Area

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