



Easing Anxiety

Alzheimer's

Feeling nervous or full of worry is a common feeling for people with dementia. This often stems from two sources: fear of being left alone or the fear of what is to come. This happens when the person can no longer track time and has lost the skill to plan and carry out an action on their own.

Anticipatory Anxiety

Worries about:

- Relying more on others
- A future event or place
- Disease worsening and not knowing the future
- Needing more care or placement

Separation Anxiety

Happens when:

- The caregiver is out of sight
- Searching/calling for the caregiver
- Following or shadowing the caregiver everywhere they go
- The person fears being left alone



Tips

- **Realize** – You are becoming the person’s memory, reality, support, and navigation. The person is close by because they cannot live on their own without you.
- **Absorbing Emotions** – Your person can start to take on the emotions of the people around them. If you are upset, they will become upset. Keep your emotions in check. Stay calm and give reassurance.
- **Expected** – With so much doubt, structure, and routine, create comfort.
- **Don’t Divulge** – Before sharing news or information, think how the person will handle it. If it will cause stress, wait until it is needed and give only limited details.
- **Engage** – Keep your person involved in daily activities.
 - Relaxation techniques – deep breaths, aromatherapy, music, or adult coloring books
 - Peer activities – visits with friends, adult day programs, & arts engagement programs
 - Involve long-term memory (old photos, movies, or stories)
 - Physical exercise can reduce pent up energy and stress– among other benefits!



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For more information, visit BannerHealth.com/Alzheimers or tune in to our podcast, *Dementia Untangled*