

# Anger, Frustration, & Fighting



## WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- be confused by:
  - new places or people
  - something they see and don't know
- become frustrated because they can't:
  - pull on a sweater
  - open a door
  - find a lost item like a purse, wallet or glasses
- be frightened/scared of:
  - the shower or bath
  - a new place or person

People with Alzheimer's or dementia can get confused, depressed, and angry. Their feelings and actions are sometimes hard for them to control.

They may hit and yell.

Don't take their words or actions personally.

Listen to what they mean, not what they are saying.

## WHAT CAN YOU DO?

### KEEP THINGS SIMPLE

- try to match tasks and what you expect with what your person can do
- keep your home quiet and calm when you can
- speak slowly and try not to say too much at one time

### MAKE A CHANGE

- offer a treat like a cookie or some ice cream
- lead your person to a different room
- offer to watch a TV show or listen to music
- ask a question about a topic your person enjoys

### BE SAFE

- remove or lock away all weapons (guns, knives, etc.)
- back away slowly if the behavior is scary
- call 911 if you are afraid for your or someone else's safety



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Supported by DHHS, ACL (#90AL0002-01-00)



[dshs.wa.gov/altsa/dementia-action-collaborative](https://dshs.wa.gov/altsa/dementia-action-collaborative)