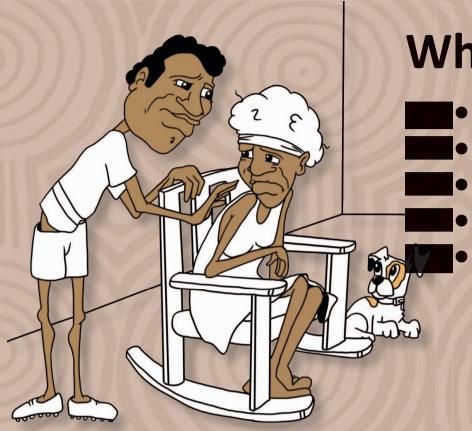
ANXIETY IN DEMENTIA



What is anxiety?

Worry too much, crying
Ask for help again and again
Follow others, don't want to be alone
Can't sit still
Shaky, feel sick, headache

Why does it happen?

- Dementia
- Pain
- Sick or infection
- Tired
- Lonely, missing family or Country
- Toilet problems

What could help?

- Keep respect
- Know their story





- Go to clinic for check up
- Keep to a routine
- Calm them, help them feel safe
- Yarning with family and community
- Go back to Country
- Notes and pictures to help them remember
- Help them do things they like and know



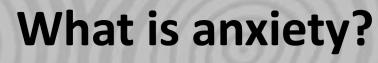
DBMAS dementia behaviour management advisory services Helping Australians with dementia, and their carers







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5

