

Use Distraction

Your loved one may try to do something unsafe, such as leaving the house alone. Arguing may make the situation worse. Instead, try distraction. Your loved one may soon forget what he or she had planned to do.

Instead of saying, *“Where do you think you’re going? You can’t leave by yourself!”*

Try saying, *“Before you go, could you stir this for me for a minute or two?”*

Try Statements, Not Questions

Your loved one may not want to do a certain activity, such as take a bath. Phrasing requests as statements rather than questions can help avoid arguments.

Instead of saying, *“Do you want to take your bath now?”*

Try saying, *“Your bath is ready. Here’s your towel.”*

Coping with Personality Changes

At times, your loved one’s personality may seem to change. Common changes associated with Alzheimer’s disease include depression, withdrawal, apathy, irritability, suspiciousness, and restlessness. Hallucinations (seeing things that aren’t there) and delusions (irrational beliefs) also can occur. If these problems are sudden, severe, or create a danger, discuss them with a doctor. In general, try not to take personally things that your loved one says and does. Remember: To a person with Alzheimer’s, the world can be a very stressful place. Try to see things from that point of view.

