

Treating and Caring for Someone With Dementia

Because there is currently no cure for dementia, treatment is focused on improving quality of life in a senior being affected. The specific treatment plan will depend on the underlying cause of the dementia and the individual's specific needs and symptoms.

Several treatments including medications, therapies and lifestyle changes to help individuals with dementia and their caregivers manage symptoms of dementia.



Medications

Some medications can help manage behavioral and psychological symptoms. Health care providers might also prescribe medications to treat other symptoms or conditions of dementia, such as depression, sleep disturbances, hallucinations, parkinsonism or agitation.

Therapy and Support Groups

An occupational therapist can help prevent accidents, manage behavior and prepare you and your loved one for the dementia progression. Supportive therapies, such as counseling or support groups, can help them cope with the emotional and social challenges of living with dementia.

Lifestyle Changes

Changes in lifestyle can help a person with dementia and their caretakers manage their symptoms.

- **Modify their environment.**
It's recommended that caretakers keep clutter and noise to a minimum. It's also advised to remove objects that could threaten safety, such as knives and car keys.
- **Encourage exercise.**
Exercise improves strength, balance and cardiovascular health, and it may also help with symptoms of restlessness as a result of dementia.
- **Simplify tasks.**
Breaking down tasks into simplified steps and focusing on successes, not failures can help. Structure and routine are other ways to reduce confusion in people with dementia.
- **Engage in activities.**
Dancing, painting, gardening, cooking, singing and other activities can be modified so someone with dementia can still enjoy them.
- **Enhance communication.**
Maintain eye contact when you're talking with your loved one. Speak slowly, using clear, simple sentences and avoiding presenting more than one idea at a time.
- **Establish a nighttime ritual.**
Establishing a night time routine that is calming and away from loud noise or activity can help combat symptoms of sundowning and dementia.

Want to learn more about dementia and how we can help?
Talk to your care team or visit CorsoCare.com.