

Dementia and changed behaviours: A plan for you and your carers

Patient and carer perspective

If you are living with dementia, you may notice your behaviour changes sometimes. You may become agitated or aggressive at times. This can be stressful for you and anyone who cares for you.

This planner can help you, or your carer, track your behaviour over time. You and your care team can use this information to personalise your dementia care.

If behaviours become worse, or you or your carer begin to worry about the possible harm to yourself or others, see your doctor as soon as you can.

Make a list of enjoyable activities that might help in stressful situations. A few examples:



Trying to maintain normal routines (eg, cooking dinner at the same time every night)



Engaging in social or cultural activities (eg, dancing or music)



Participating in hobbies (eg, gardening, if safe to do so)



Avoiding things that might cause distress (eg, loud music)

Who can you contact for help?

- ✓ National Dementia Helpline (**1800 100 500**)
- ✓ OPAN – Older Persons Advocacy Network (**1800 700 600**)
- ✓ Empowered project offers some useful resources on their website (**empoweredproject.org.au**)

My profile



Name: _____

Age: _____

Things I like: _____

Hobbies I enjoy: _____

Things I don't like: _____

An interesting fact about me: _____

Name:

FOR YOU AND YOUR CARERS TO COMPLETE

Health professionals may add any notes underneath any notes written by you or your carer in the shaded section.

Who made the observation and when?	What happened?	What made it worse?	What made it better?
Maria Saturday 11 am <i>example</i>	<i>Bob became angry at his new carers and refused to talk to them.</i>	<i>The carers were calling him Roberto. He doesn't like that name, he prefers Bob.</i>	<i>Once they started calling him Bob, he seemed to settle and was happy to talk to them.</i>
<i>Consider having a list of things Bob likes, such as being called Bob, on the fridge or on display in a common area for carers to use.</i>			<i>health professional example</i>