

How to

C
COMFORT

E
ENVIRONMENT

A
ACTIVITY

S
SOCIAL
CONTACT

E
ENGAGING

Stress and Distress in Dementia

Consider pain, has a pain measure been completed?

Review physical health- e.g. infection, dehydrated, constipated?

Consider a medication review

If a sudden change - consider delirium

Could the person be depressed?

Is the person physically comfortable - e.g. seating, positioning, are they tired?

Ensure good lighting levels and avoid glare

Could the environment be too noisy?

Is the person too hot/ too cold?

Are things easy to see and work out?, e.g. signage, way finding landmarks, contrasting hand rails, toilet door

Use of familiar objects & pictures

Does the person have opportunities to get outside?

Is there a sense of purpose in the person's daily life?

Is behaviour related to previous work or identity?

Does the person have the opportunity to choose and do activities that they enjoy?- do they have an activity checklist?

Does the person have regular contact with family, friends or others?

Are there opportunities to form friendships and meet with other people?

Is the person well connected to their community?

Has a life story been completed?

Is the presence of other people contributing to stress & distress

Do you know the best way to communicate with the person and support them to make decisions?

Ensure hearing aids & glasses worn

Make eye contact & use positive body language

Use simple instructions & ask yes/ no questions

Allow person enough time to respond

Accept the person's reality

NHS
Dumfries
& Galloway

