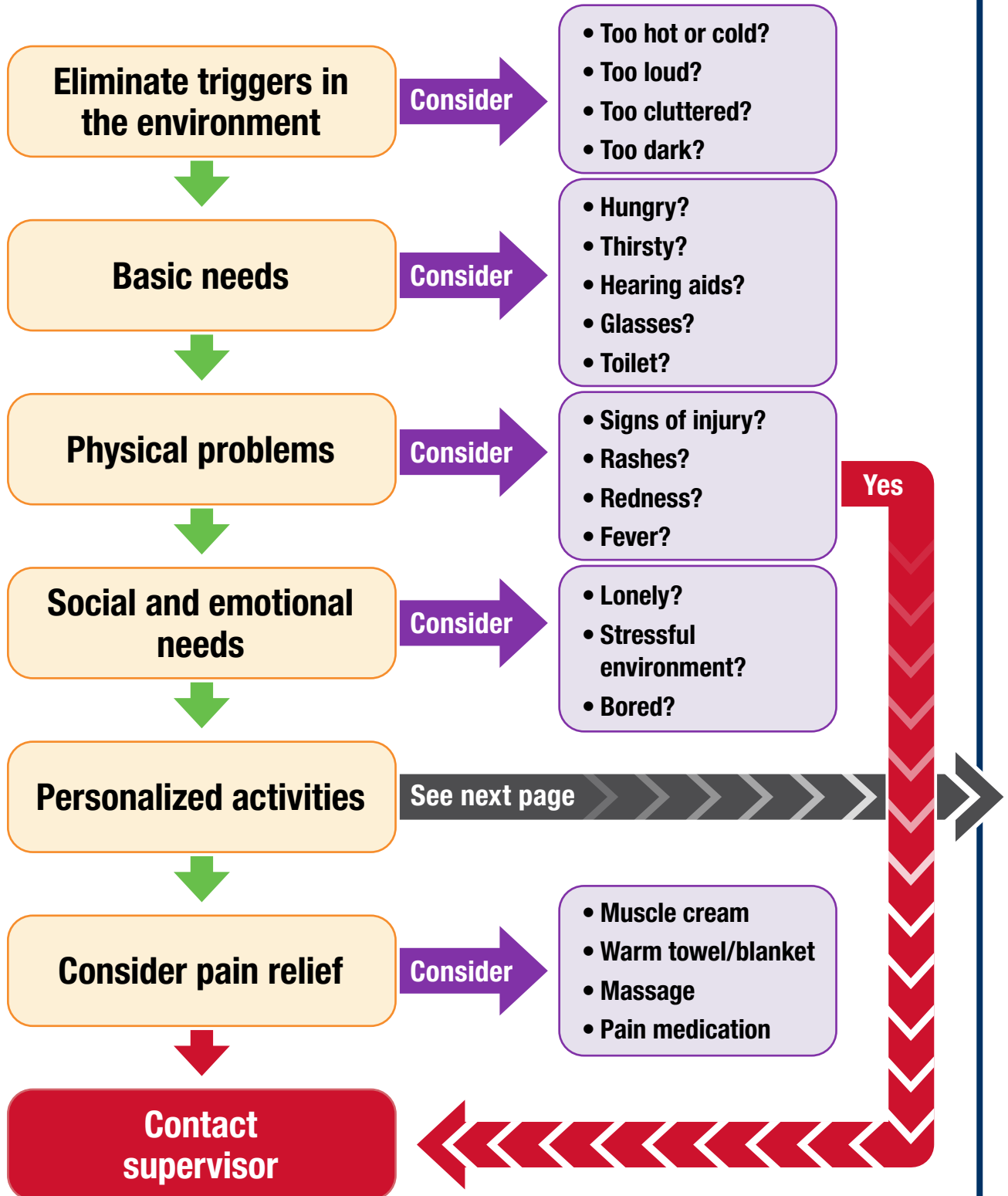


Stay calm and reassuring.



More resources



Oregon Care Partners

<https://oregoncarepartners.com/classes/family-caregivers/>



Family Caregiver Alliance

<https://www.caregiver.org/caregiver-resources/caring-for-another/>



Teepa Snow's Positive Approach to Care

<https://www.youtube.com/user/teepasnow/playlists>



Alzheimer's Association

<https://www.alz.org/help-support/caregiving/stages-behaviors/anxiety-agitation>



Aging and Disability Resource Connection of Oregon

<https://www.adrcoforegon.org/consite/explore-alzheimers-disease-and-related-dementias.php>



Alzheimer's Foundation of America

<https://alzfdn.org/caregiving-resources/webinars-support-groups/>

Personalized activities

Based on the individual's preferences and abilities

Sing or play a familiar song.

Stimulate taste buds with flavorful foods (chocolate, garlic, mustard, cinnamon, coffee, etc.)

Interesting lights: lava lamps, twinkle lights, bubble tubes.

Fidget blankets, toys, or activity boards.



Gentle back rub or hand massage.

Outdoor activities: walking, sitting, gardening

Social activities such as visiting with loved ones or interaction with live or robotic pets.

Directed activities: games, towel folding, puzzles, play-dough.