





locks on the door. Annoying and frustrating behavior may require a softer response. For example, if the person paces about the house but is calm and doesn't try to leave, it may be best to work on accepting that the pacing is okay.

6. Try to create a daily routine that is structured and predictable for the person with dementia. Routine is an important source of comfort.
7. Foster an attitude of acceptance. The behavioral changes are due to real issues and are not because the person is deliberately trying to be difficult.
8. Try to be calm and patient. This means you will need to take breaks. Walk into a different room. Count to 10.
9. Talk to other caregivers. Consider a support group where you might learn about helpful strategies that other caregivers have used.