



When Confusion Peaks — Dealing with Delusions, Agitation & Sundowning



The "Why" Behind the Behaviour

Reactions to Fear

Delusions and agitation are often reactions to fear, fatigue, or confusion.

Communication Method

Behaviour is communication.



Spot Common Triggers



Too much noise or activity



Sudden changes in routine



Hunger, pain, or tiredness

When they feel overwhelmed, it shows in their behavior.



Try These Words Instead



"You're safe."



"I'm here with you."



"Let's sit down together."

Avoid arguing or correcting.



Sundowning Needs Soothing

Dim lights gently

Create a calming environment as evening approaches

Reduce stimulation in the late afternoon

Minimize noise and activity levels

Begin quiet, calming activities early

Establish a peaceful evening routine



Anchor with the Familiar



Comfort Items

Soft blanket, old photo, a warm drink



Sensory Comfort

Familiar music or a beloved object



Calming Environment

Create comfort with sensory calm

Move, Distract, Redirect

A walk in the garden



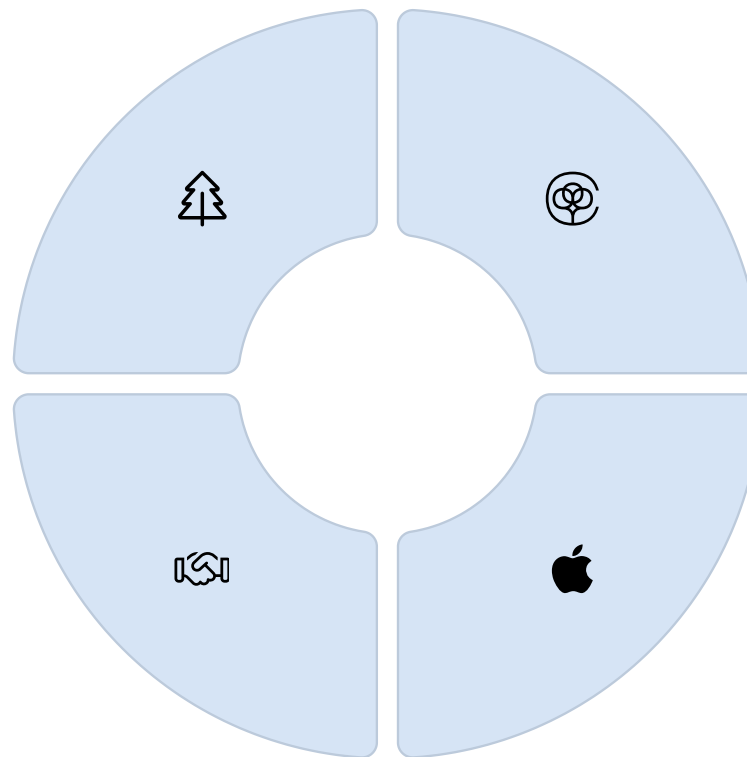
Folding laundry



Hand massage

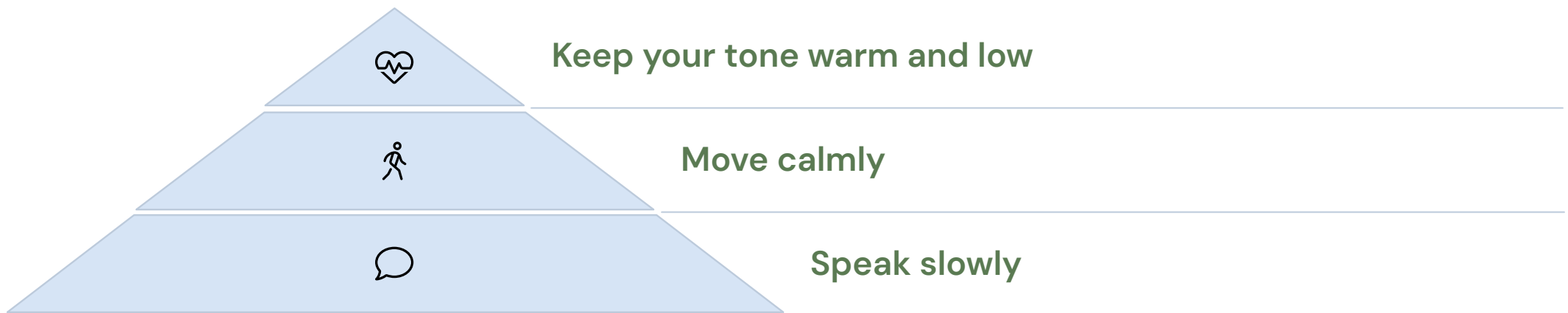


A light snack



Gentle redirection brings relief

Your Calm is Contagious



Don't Carry It Alone

1

It's okay to feel frustrated

Acknowledge your emotions

2

Step away if needed

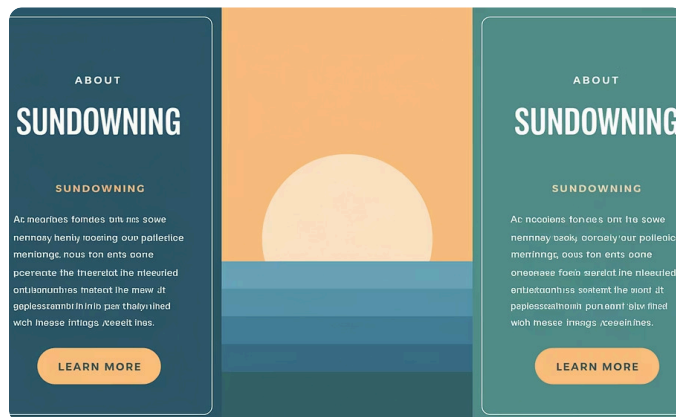
Take breaks for self-care

3

Talk to a friend, a group, or Navigate Dementia

Seek support from others

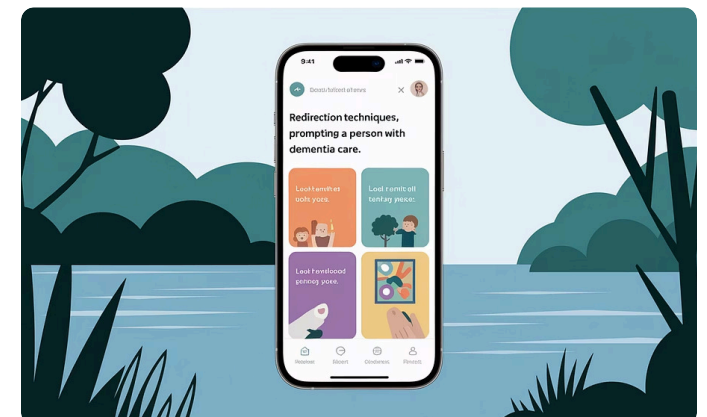
Ask Your Navigate Dementia Support Companion



"What helps with sundowning?"



"How do I calm my loved one when they're agitated?"



"Can you suggest ways to gently redirect them?"