

**navigate**  
Dementia

# 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



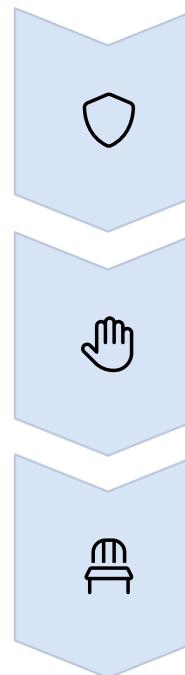
Sudden changes in routine



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

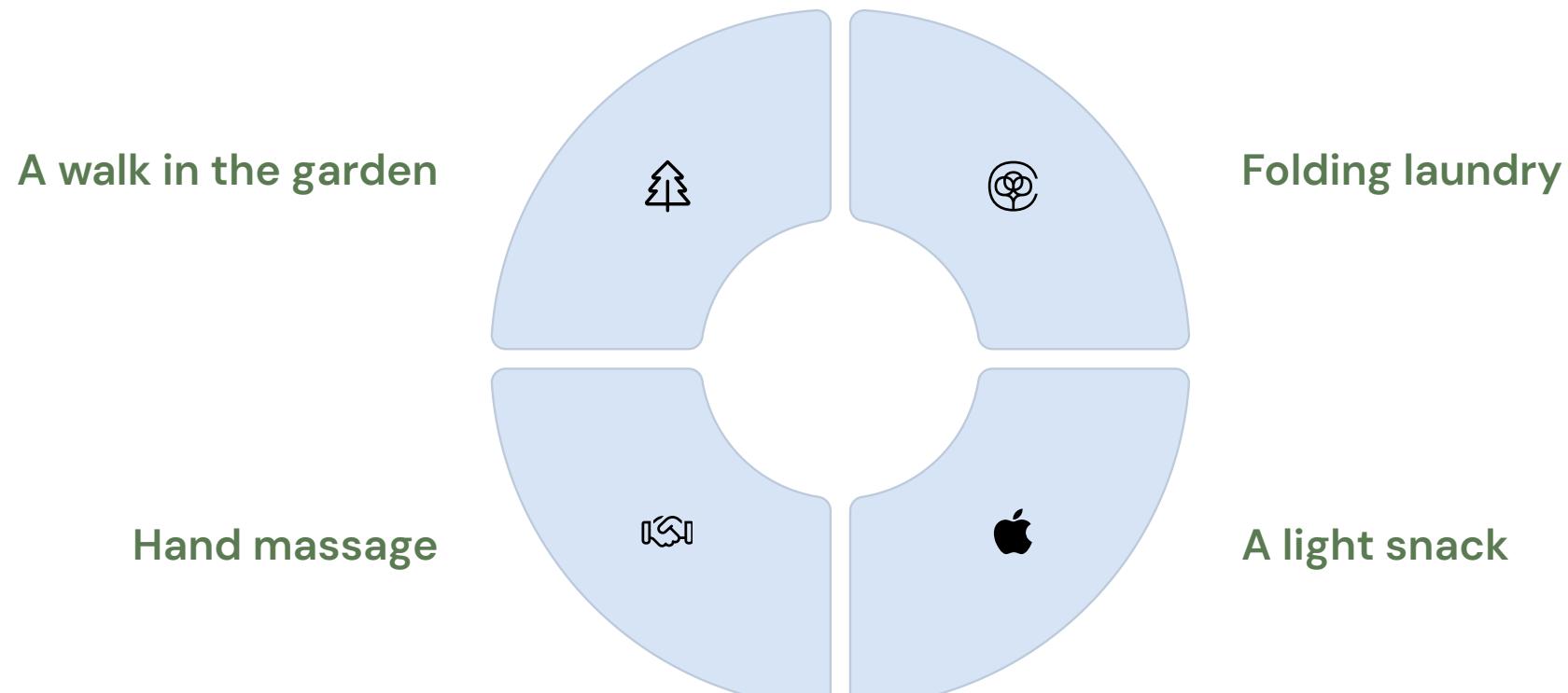
Familiar music or a beloved object



### Calming Environment

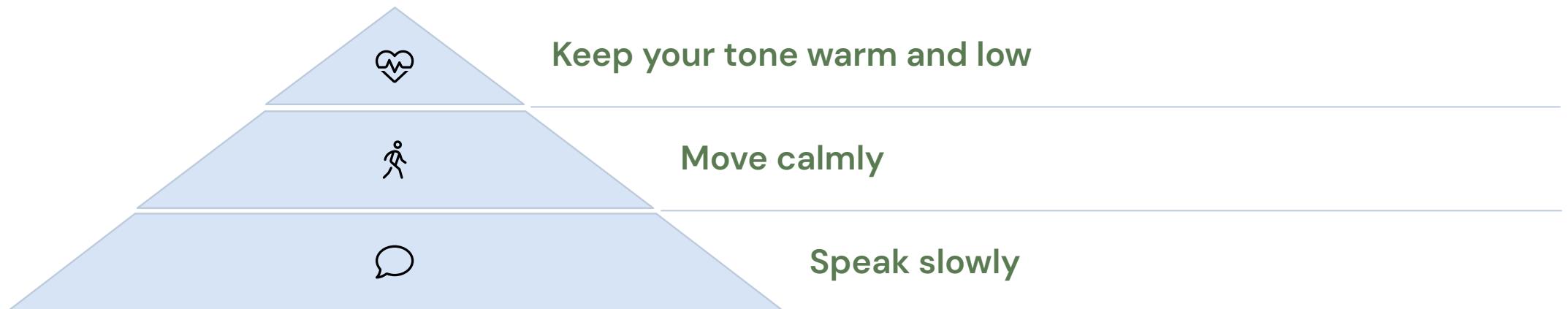
Create comfort with sensory calm

# Move, Distract, Redirect



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

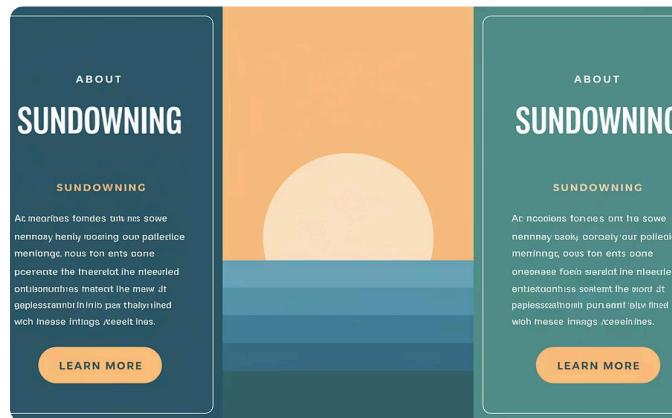
Take breaks for self-care

3

## Talk to a friend, a group, or Navigate Dementia

Seek support from others

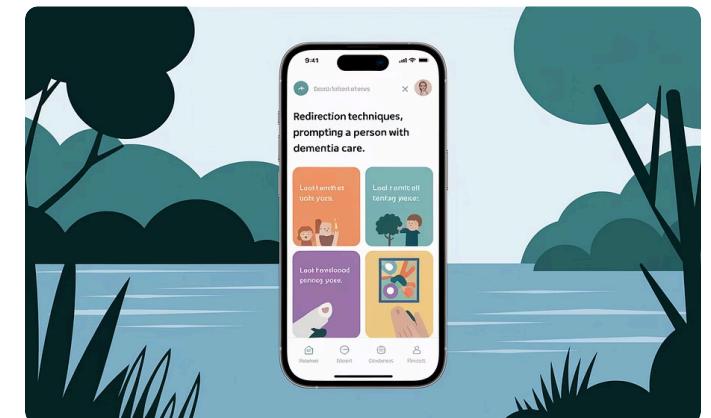
# Ask Your Navigate Dementia Support Companion



"What helps with sundowning?"



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



"Can you suggest ways to gently redirect them?"