

## Resistance



### Why does this happen?

Sometimes people with Alzheimer's or dementia refuse to do common activities, like bathing, or to go somewhere, like to the doctor's office. This can be very frustrating to the caregiver.

People with Alzheimer's or dementia might:

- Feel afraid or out of control
- Feel rushed or hurried
- Not understand what is expected of them
- Feel embarrassed and ashamed to ask for help
- Feel overwhelmed
- Be scared about doing a new activity or one that is complicated

### What can you do?

#### BE UNDERSTANDING AND COMFORTING

- Consider their feelings
- Listen to their concerns
- Try to look and sound calm and pleasant

#### BE RESPECTFUL

- Treat the person like an adult
- Consider how being prideful might make a person refuse your help
- Allow them to make some small decisions and choices
- Provide privacy for bathing and dressing

#### CREATE A PLAN AHEAD OF TIME

- Allow enough time to get ready
- Can the task be broken down into smaller steps?
- Does this happen at the same time or place? If so, try another time of day or a different approach.
- Would someone else have better luck getting the person to cooperate? Let that person do it.

#### WHEN THINGS GET TOO FRUSTRATING

- Change their attention to something that they enjoy
- Step away or leave the room and try again later or, if possible, try it another day.
- Take several deep breaths, watch a few short funny videos or try another way to calm down.
- Join a support group or speak to a Clinical Care Coach to get new ideas about how to help the behavior and to help you cope.