

Changed behaviour – noisy

Information about dementia for residents, family and carers



People living with dementia often behave, think and act differently to how they used to.

Changes taking places in the brain can cause some people to:

- call out, yell, cry or scream
- talk constantly or repeat the same thing
- sigh, moan and groan.

This can be upsetting for others, and for the person themselves.

What causes noisy behaviour?

There is no single answer. People with dementia are often not able to explain what they want or what they are feeling.

They might feel upset, uncomfortable or unwell, and no longer know what to do about it.

If a person with dementia is noisy, it may be because they have a problem they need help with. This can be things like:

- being in pain
- being constipated
- being dehydrated
- having an infection
- side effects of some medicines.

It can also be a sign of other things like:

- feeling anxious or depressed
- feeling hungry, thirsty, hot or cold
- needing to use the toilet but not being able to ask for help
- wearing uncomfortable clothes
- wanting to get away from a noisy or busy area and not being able to
- feeling frustrated at not being able to do things they used to do easily
- being tired or having problems sleeping.

Caring for someone with noisy behaviour

- Keep to a routine that suits the person.
- Be aware of things that upset them.
- Be calm. Speak slowly and clearly.
- Reassure the person. Listen to what they are saying and try to understand their needs.
- Keep their surroundings as calm and quiet as possible.
- Try playing their favourite music.
- Try rocking movements, hand massage or changing their position.
- Do enjoyable and meaningful activities which may distract them, like having a cup of tea or going for a walk.
- Exercise may reduce agitation.

Working together

Family and carers understand the person living with dementia best.

Work together with staff to share information. This helps to develop a care plan that is centred on the person. Finding out what triggers the person's behaviour can help to reduce it.

Talk to staff and ask questions about best dementia care.

Questions to ask staff

- Have you checked for pain, illness or infection?
- Is there a care plan in place to help staff manage noisy behaviour?
- Is a dementia specialist available to be involved in care planning?



Want to know more?

Agitated behaviours factsheet <www.fightdementia.org>

For expert advice and support contact Dementia Behaviour Management Advisory Services on **1800 699 799** at any time of the day or night. Situations will be assessed free of charge. They can also make referrals to other services.

Disclaimer: This health information is for general purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

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