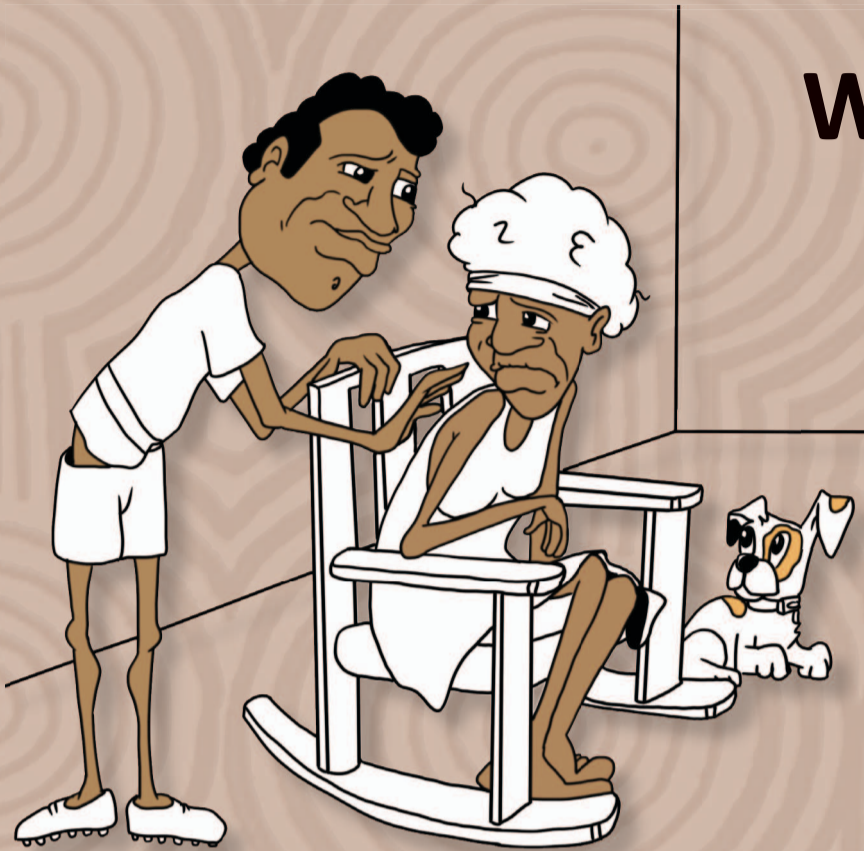


# ANXIETY IN DEMENTIA

## What is anxiety?

- Worry too much, crying
- Ask for help again and again
- Follow others, don't want to be alone
- Can't sit still
- Shaky, feel sick, headache



## Why does it happen?

- Dementia
- Pain
- Sick or infection
- Tired
- Lonely, missing family or Country
- Toilet problems



## What could help?

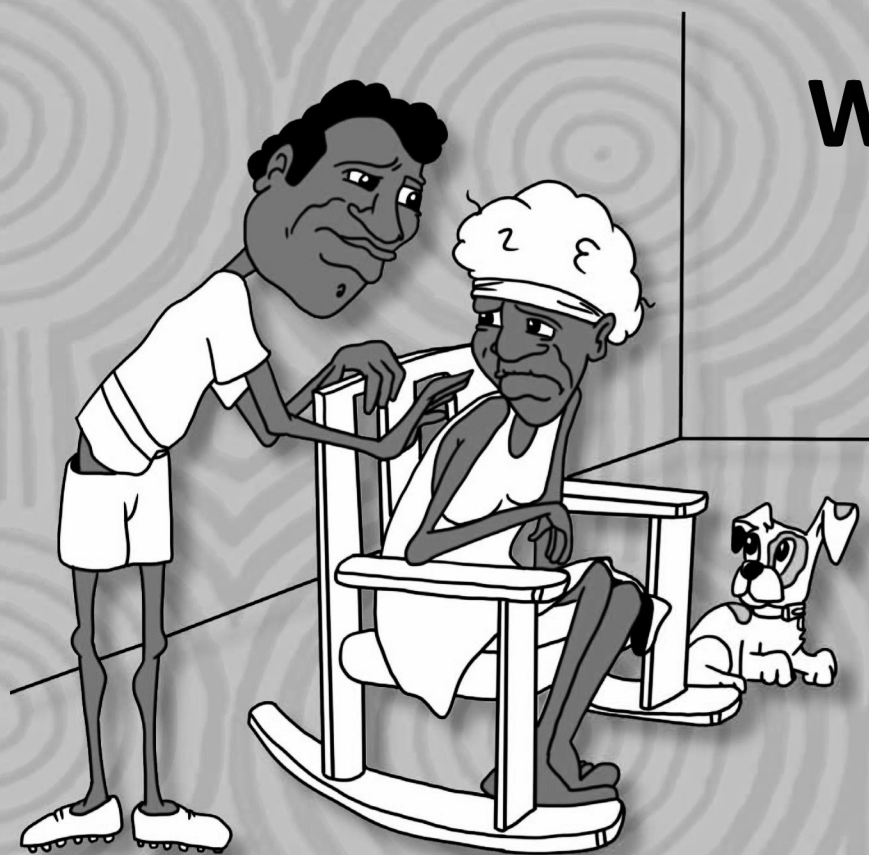
- Keep respect
- Know their story
- Go to clinic for check up
- Keep to a routine
- Calm them, help them feel safe
- Yarning with family and community
- Go back to Country
- Notes and pictures to help them remember
- Help them do things they like and know



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