

What Is Sundowning and Is It Preventable?

Sundowning is a state of confusion that people with dementia may experience in the late afternoon and evening. This typically occurs in the middle stages of the disease and decreases as the disease progresses in the person. You may notice your loved one becoming more confused, anxious, and agitated later in the day.

The following factors may contribute to the behavior:

- ◆ Mental and Physical Exhaustion at the end of the day
- ◆ Confused “internal body clock”
- ◆ Darkness and shadows may cause confusion and fear
- ◆ Nonverbal cues from exhausted caregivers at the end of the day
- ◆ Disorientation from the confusion of dreams and reality
- ◆ Less need for sleep

There may be other conditions that are causing sundowning, such as urinary tract infections or sleep apnea. It is always a good idea to discuss sleep problems with a doctor.

If a person is awake and experiencing symptoms of sundowning, try these suggestions:

- ◆ Calmly approach the person
- ◆ Ask if he/she needs anything
- ◆ Avoid confrontation
- ◆ Offer reassurance
- ◆ Supervise them if they need to pace—don’t restrain.

If your loved one exhibits symptoms of sundowning, you can try these coping strategies:

- ◆ Keep your house bright in the evening— dark rooms may cause agitation
- ◆ Ensure a comfortable and safe sleep environment
- ◆ Stick to a schedule
- ◆ Avoid caffeine and other stimulants
- ◆ Keep your loved one active during the day, so they are tired at night
- ◆ Discuss the issue with a doctor
- ◆ Take care of yourself— your own stress could affect a person with dementia
- ◆ Talk to others who are in the same situation

All information is from the Alzheimer’s Association. Visit www.alz.org to learn more.

**HAPPY GRANDPARENT’S DAY TO ALL
THE WONDERFUL AND SELFLESS
GRANDPAENTS OUT THERE!!**

September 13th



CAREGIVER SUPPORT GROUP

Are you stressed out from caring for an older adult? Do you feel like you never get a break and nobody understands what you are going through? Aging Services, Inc. offers a Caregiver Support Group once a month. The group is facilitated by members of our Caregiver Support Team.

Due to COVID-19, the support group is held via conference call. This group always meets on the last Wednesday of the month, at 2:00 pm. Please use the call-in information below to join us.

Dial-In Number: 701-802-5254

Access Code: 3672167



Mindful Melodies



Studies show that people who are diagnosed with dementia can benefit from listening to music from their younger years. Music can decrease the amount of negative behaviors, decrease wandering and fall risk, and may reduce or eliminate sundowning. This has a positive effect on caregivers as well, by reducing their stress levels.

If you, or anyone you know are interested, please call Aging Services, Inc. at 724-349-4500.

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Looking for a new Podcast? The Last Day is a Podcast that explores epidemics by looking at an individual and his/her family story. They started their podcast services with looking at the Opioid Addiction crisis and how we got here as a society. The episode Mommy Again was released on February 12, 2020 and explores one family's experience with losing a loved one to the opioid crisis. It also explores thoughts and feelings on becoming a Mommy again to her grandchild. You can listen to the Podcast on most music streaming sites such as iHeart, Spotify, or Apple. You can also listen on Lemonada Media's website:

<https://www.lemonadamedia.com/show/last-day/3/>

GRANDPARENT SUPPORT GROUP

Are you a grandparent who is currently raising your grandchildren? Whether it is temporary or permanent, raising kids again isn't easy! Join our support group to connect with other grandparents who are in the same situation. The group is facilitated by members of our Caregiver Support Team at Aging Services, Inc.

The Support Group currently meets via a conference call, due to COVID-19. This group always meets on the last Thursday of the month, at 2:00 pm. Please use the call-in information below to join us.

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It's about time for BACK to SCHOOL. Many schools are offering different choices such as in school learning, hybrid learning, or all at home learning. What works for your family, may not work for another. Pick what works best for you and your family, even if it may not be popular to another!

Best Wishes on a new school year!