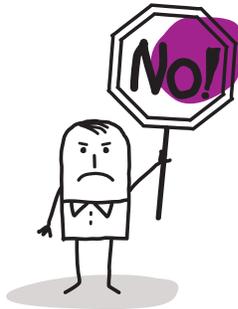


# Resistance



## WHY DOES THIS HAPPEN?

*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

 **Alzheimer's**  
**LOS ANGELES**  
844.HELP.ALZ  
AlzheimersLA.org

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Supported by DHHS, ACL (#90AL0002-01-00)

 **Dementia**  
**Capable**  
VIRGINIA  
<https://vda.virginia.gov/dementiacapableva.htm>

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.

## 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
- a strong sense of pride can 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 care counselor to get new ideas about how to help the behavior and to help you cope