

Sundowning

<p>Identify the Problem</p>	<p>PROBLEM: Sundowning (more confusion/restlessness in late afternoon/evening)</p> <p>GOAL/EXPECTED OUTCOME: To reduce and better manage sundowning behavior</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Does the person feel fatigued? • Is the person in a room that is very dark and might have shadows? • Is there a lot of noise in the environment? • Is the person hungry? • Is the person asked to do a complex activity late in the day? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Does the person feel frightened? • Is the person experiencing anxiety from too much stimulation or noise? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Does the caregiver feel frustrated? • Is the caregiver tired?
<p>Adapt</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Increase illumination in the home before the sundowning behavior occurs • Make evening hours less busy (schedule things earlier in the day) • Encourage exercise and activity throughout the day • Distract the person with an enjoyable food or activity • Plan an earlier dinner • Lower the noise level • Reassure the person where he/she is and that he/she is safe • Use a calm, gentle, and reassuring voice <p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • Refer to PCP to evaluate possible medication reactions/interactions or other medical concerns • If non-pharmacological approaches prove unsuccessful, refer to PCP for medications, targeted to specific behaviors, as clinically indicated

	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to CBAS for structured daily activities • Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzcla.org • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – "Sundowning"
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support