



# The Gathering Place Newsletter

**Issue 72**

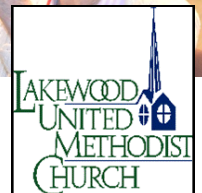
**June 2018**

Mission Statement::

The Gathering Place at Lakewood UMC is a ministry for those who are living with memory loss and the people who love them.



*“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me” – Matthew 25:40*





## How should I handle erratic behaviors?

Alzheimer's disease and other dementias can cause a person to act in different and unpredictable ways. Some individuals with Alzheimer's become anxious or aggressive. Others repeat certain questions or gestures. Many misinterpret what they hear. These types of reactions can lead to misunderstanding, frustration and tension, particularly between the person with dementia and the caregiver. It is important to understand that the person is not trying to be difficult and that all behavior is communication.

### Behavior may be related to:

- Physical pain or discomfort: Illnesses, medication, hunger or thirst.
- Overstimulation: Loud noises or a busy environment.
- Unfamiliar surroundings: New places or the inability to recognize home.
- Complicated tasks: Difficulty with activities or chores.
- Frustrating interactions: Inability to communicate effectively, fear, sadness, or anxiety

### Use this three-step approach to help identify common behaviors and their causes:

#### 1. Examine the behavior

- What was the behavior? Was it harmful to the individual or others?
- What happened just before the behavior occurred? Did something trigger it?
- What happened immediately after the behavior occurred? How did you react?
- Could something be causing the person pain?
- Consult a physician to identify any causes related to medications or illness.

#### 2. Explore potential solutions

- What are the needs of the person with dementia? Are they being met?
- Can adapting the surroundings comfort the person?
- How can you change your reaction or your approach to the behavior? Are you responding in a calm and supportive way?

#### 3. Try different responses

- Did your new response help?
- Do you need to explore other potential causes and solutions? If so, what can you do differently?

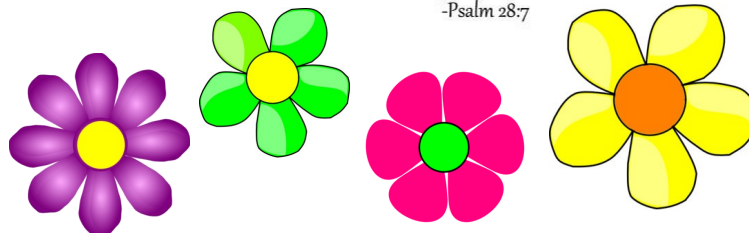
### Common Ground Caregiver Conversations

Common Ground is a place and time for caregivers like you to meet, talk, share, learn and receive the support needed to take care of yourselves so you can provide the best care possible to a family member or friend.

Common Ground is a free caregiver assistance program of Interfaith CarePartners® in cooperation with partner congregations in greater Houston. Groups are available for caregivers of persons with dementia and caregivers for persons with other diagnoses and conditions.

Lakewood will be hosting Common Ground on June 11, 2018 from 10:15-11:30 am in the Parlor. For more information, contact Pam Cline at 281.370.2273 or [pam.cline@lakewoodumc.org](mailto:pam.cline@lakewoodumc.org).

The Lord is my  
*Strength* and my *Shield*; my *Heart*  
trusts in him, and he *Helps* me  
-Psalm 28:7



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In partnership with  
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