

3-Steps to Conquering Alzheimer's Chaos

Why, Find, & Try™

Summary

1. **Why** – Why are they doing it? This is your key question.
2. **Find** - Find solutions. We've designed [ALZSmart](#) to be the fastest easiest way to find your solutions. [Start Your Free Trial](#)
3. **Try** - Try solutions.



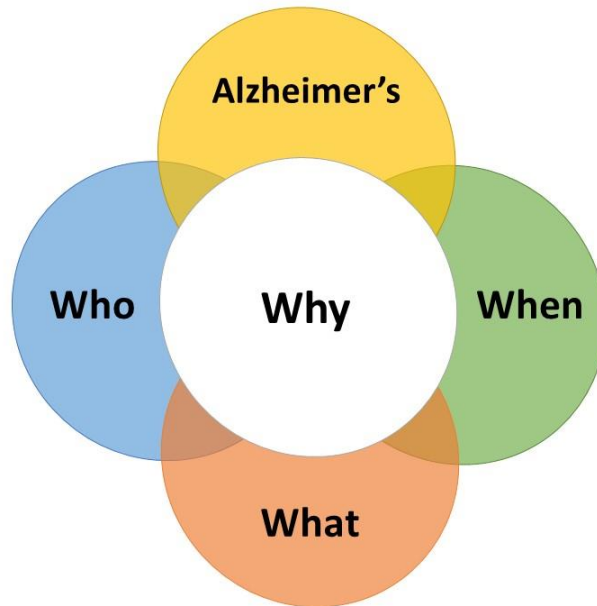
Step 1: Why are they doing it?

- The reason 'why are they doing it' can be as simple as a single trigger. 'Why' can also be a complex set of circumstances.
- For complex causes, you'll need to be a clever detective.
- You should first consider how the Alzheimer's disease may be a contributing.
- Next, use your deep knowledge of 'who' your loved one is to get a better understanding of why.
- Then use your situational awareness skills to determine the 'what' and 'when' factors.

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Illustration of the 'Why' Elements



List the Alzheimer's factors that are contributing to 'why are they doing it'

- Memory
- Thinking skills
- Confusion
- Ineffective communication
- Personality change
- Magnified emotional reactions
- New challenging behaviors

List the 'who' factors attributed to your loved one

- Personal feelings
- Traits
- Motivations
- Core preferences
- Person's background
- Life story
- Health history
- Current health status

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List the 'what' factors related to your situation

- What else is going on?
- What has stressed them?
- What was in their line of sight?
- In a particular room?
- Quiet or noisy?
- Hot or cold?
- Something said?
- New person around?
- What was the caregiver's reaction?
- What variables can be changed in the environment?

List the 'when' factors related to your situation

- When does it happen?
- What happens right before?
- What happens right after?
- Every day?
- Same time?
- Random time?
- When the sun goes down?
- When tired?
- When hungry?
- When feeling sick?
- When does it disappear?

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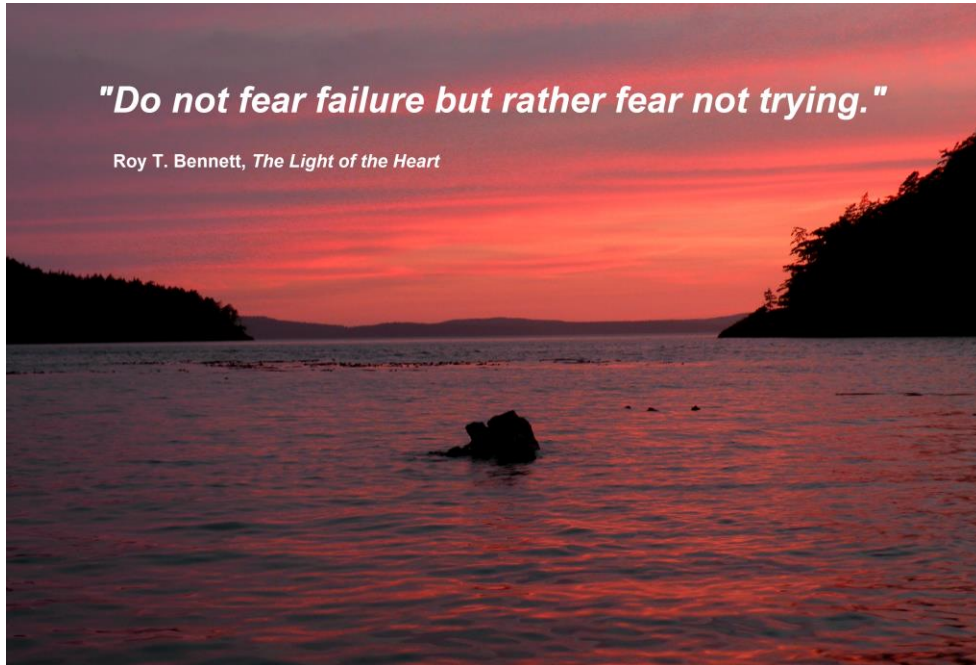


Step 2: Find solutions

- Once you've established 'why are they doing it' you'll need to find potential solutions that address your issue.
- Ask your loved one's healthcare providers and social workers for solutions.
- Search the internet and books for solutions.
- Join [ALZSmart](#) to find the highest-rated sources of information for your issue. [FREE 7-Day Trial](#)

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Step 3: Try solutions

- Try one of your solutions.
- Don't be disappointed if the first one doesn't work.
- Try your next solution.
- Rinse and repeat. If none of these work, then go back to Step 2 to find more tips, techniques, and strategies that can help you. Use [ALZSmart](#).
- If you're still having trouble, perhaps you're fixing the wrong problem. Go back to Step 1. Examine what you've learned so far, then try to determine the real root cause.
- Keep trying to discover new solutions until you find one that works.