



10 Things to Do When Dementia Caregiving Leaves You Feeling Stuck

A Gentle Guide for New Dementia Caregivers

1. Pause before reacting

Many dementia behaviors come from confusion, fear, overstimulation, pain, or unmet needs — not intentional meanness.

2. Stop trying to win the argument

Reasoning often changes with dementia. Redirection usually works better than correction.

3. Look for patterns

Does agitation happen at the same time daily? Around noise? Fatigue? Hunger? Too much activity? Patterns matter.

4. Simplify choices

Too many options can overwhelm the dementia brain. Sometimes simple either/or choices work best.

5. Use calm more than logic

Tone matters more than perfect words.

6. Learn the triggers

Repeated questions, wandering, resistance, or anger often have causes underneath the behavior.

7. Adjust the environment

Lighting, clutter, noise, mirrors, TV volume, and routines can all affect behavior.

8. Stop expecting yourself to know everything

Most caregivers were never trained for this. You are learning while doing.

9. Find people who understand

Support groups, caregiver communities, blogs, and trusted resources can remind you that you are not alone.

10. Give yourself grace

You will have hard moments. You will lose patience sometimes. You are still doing something incredibly loving.

Closing Note

Caregiving is not about doing everything perfectly. It's about continuing to show up with love in a situation that keeps changing.

And that matters more than you know.

— Nora Poppins

