



## Unpredictable situations

*People with Alzheimer's disease can act in different and unpredictable ways. It is important to remember that the person is not acting this way on purpose. Whatever the behaviour, try to identify the cause and possible solution.*

### **Bold Behaviour**

The person with Alzheimer's disease may forget that he or she is married and begin to flirt or make inappropriate advances toward members of the opposite sex.

If the person is engaging in unusual, inappropriate behaviour, try to distract the person with another activity or lead them into a private place. Avoid getting angry or laughing at the person.

### **Inappropriate dressing**

The person may forget how to dress or take clothes off at inappropriate times and in unusual settings. For example, a woman may remove a blouse or skirt simply because it is too tight or uncomfortable.

Help the person dress by laying out clothes in the order they need to be put on. Choose clothing that is simple and comfortable.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org) [www.dementiasa.org](http://www.dementiasa.org)

**National Helpline 0860 MEMORY / 0860 636 679**

## Shoplifting

The person with Alzheimer's disease or dementia may not understand or remember that merchandise must be paid for. He or she may casually walk out of the store without paying – unaware of any wrongdoing.

Have your loved one carry a wallet-size card that states that he or she is memory-impaired. This may prevent the person with Alzheimer's disease from feeling embarrassed.

## Paranoia

The person may become easily jealous and suspicious. For example, a man may think his wife has a boyfriend if he sees her with their son. A person with Alzheimer's disease or dementia may also misinterpret an unfamiliar face as someone who is a thief.

If the person makes accusations or becomes extremely suspicious, don't waste time arguing. Try to distract the person with another activity or reassure him or her with a hug or touch.



Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
*info@dementiasa.org or support@dementiasa.org* *www.dementiasa.org*

**National Helpline 0860 MEMORY / 0860 636 679**

## Notes:

---

---

---

---

---

---

---

---

---

---

### Contact us:

3rd Floor,  
State House,  
3 Rose Street,  
Cape Town

P.O. Box 16421  
Vlaeberg  
8018

Tel: (021) 421 0077/78  
Email: [info@dementiasa.org](mailto:info@dementiasa.org)  
Or [support@dementiasa.org](mailto:support@dementiasa.org)



[www.dementiasa.org](http://www.dementiasa.org)

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org) [www.dementiasa.org](http://www.dementiasa.org)

National Helpline 0860 MEMORY / 0860 636 679