

Management of Behavioral & Psychological Symptoms of Dementia (BPSD)

Older adults with dementia may develop behavioural and psychological symptoms of dementia (BPSD) throughout the course of their disease. These symptoms can cause significant caregiver stress and frustration.



Examples of such symptoms include:

- Depression
- Agitation
- Aggression
- Hallucination
- Anxiety
- Apathy
- Paranoia
- Sleep disorder



Non-medication measures should generally be considered the first step in management of those with BPSD.



Scan QR code to view a series of caregiving videos on managing BPSD.



Caregiving can be both physically and emotionally draining. It is important to take care of your own physical and mental well-being.

What can you do ?

- Improve your knowledge about dementia and caregiving through attending talks or training workshops
- Form a strong support network with your family, friends and fellow caregivers of PWDs
- Engage community support services, such as respite care or adult day care to schedule breaks from caregiving



For more information, visit <https://alz.org.sg> and <https://www.aic.sg>.

