

Behavior & Emotions of Aging

Here are some of the possible behavioral changes of older adults, reasons for the behavior and possible solutions or interventions.

1 DOES NOT WANT TO BATHE

Possible Reasons:

- Loss of sense of smell
- Change in body temperature
- Fear of falling in the shower
- Cannot get into the tub.
- May not care

Some Solutions:

- Provide an occasion to clean up.
- Install handgrips or bathtub seat.
- Be tactful but honest about the problem and discuss it.

2 WEARS THE SAME CLOTHES OVER AND OVER

Possible Reasons:

- Loss of sense of smell.
- No new clothes that fit.
- No occasions or need to dress differently.
- Clothes may be comfortable or associated with eventful memories.

Some Solutions:

- Provide occasions to wear different outfits.
- Compliment on appearance and apparel.
- Give new clothes as presents after asking what the person would like.
- Show real interest in the person.

3 KEEPS THE CURTAINS DRAWN AND THE HOUSE DARK

Possible Reasons:

- As vision decreases we notice fewer things.
- The person may have light sensitivity.
- May have a fear of "peeping toms".

Some Solutions:

- Suggest a visit to the eye doctor.
- Sunglasses or a visor may help.
- Understand the problem

4 CANNOT SLEEP AT NIGHT, WANDERS, KEEPS LIGHTS ON

Possible Reasons:

- Unable to reach deep sleep.
- May not feel exhausted at the end of a boring day.
- May fear falling in the dark, being alone, or dying.

Some Solutions:

- Plan more daytime activities.
- Place night-lights around the house
- Encourage the person or join them in relaxing before retiring.
- Increase daytime walking or other exercise.

5 TALKS ABOUT GETTING MARRIED

Possible Reasons:

- Loneliness.
- Need for companionship.
- Need for sexual activity.

Some Solutions:

- Provide real companionship, 24 hours a day if possible, for those who want it.

6 DRINKS CONSTANTLY OR TO EXCESS

Possible Reasons:

- Loneliness.
- Grief.
- Depressed reaction to changes
- Unable to deal with stressful situations.
- Alcoholism.

Some Solutions:

- Talk honestly about concern when the person has not been drinking.
- Suggest &/or provide social activities.
- Listen.
- Suggest counseling, help from Alcoholics Anonymous, and/or a minister.
- Make a change in scenery or situation.

7 REPEATS THE SAME STATEMENTS AND STORIES

Possible Reasons:

- May not hear well enough to participate in a conversation.
- Does not remember or realize the repetition.
- The statement or story makes a point and communicates what the person wants to say.

Some Solutions:

- Investigate hearing loss and make special efforts to include the person in conversations.
- Listen for the point of the story or statement.
- May reflect anxiety, good self-esteem, or the importance of former activities.
- Be reassuring.
- Build self-esteem.
- Encourage important activities in the present.
- Be understanding.
- Do not argue.
- Re-direct or distract to another conversation or activity.

Aging And Behavior

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