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## Caregiver's Guide to Understanding Dementia Behaviors

The Family Caregiver Alliance article [Caregiver's Guide to Understanding Dementia Behaviors](#) provides some practical strategies for dealing with the troubling behavior problems and communication difficulties often encountered when caring for a person with dementia. Included are some tips on handling troubling behavior, wandering, incontinence, agitation, repetitive statements, paranoia, sleeplessness/sundowning, eating/nutrition and bathing. Lastly, the article supplies additional resources including websites, articles and contact information for appropriate agencies.

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Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.

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