


20<sup>th</sup> annual symposium  
alzheimer's  association™

# What Triggers Behaviors?

**Yvonne Myers**  
Health Systems Coordinator



[yvonnemyers@columbinehealth.com](mailto:yvonnemyers@columbinehealth.com)



## II. External Triggers

- a. Unpredictable situations and unfamiliar surroundings
  - i. Change in caregiver
  - ii. Change in living environment
  - iii. Travel
  - iv. Houseguests
  - v. Bathing
  - vi. Changing clothes
- b. Sleep
  - i. End-of-day exhaustion
  - ii. Day and night mixed up
  - iii. Time change
  - iv. Dreams
  - v. Age and sleep
  - vi. Where to sleep
  - vii. Clothing
- c. Forget they are married
- d. Forget how to dress
- e. Shoplifting
- f. Wandering
  - i. Lacks sense of time
  - ii. Former obligations
  - iii. "Go home"
  - iv. Restless/agitated
  - v. Can't recognize the familiar

Notes

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