



Talking with Your Healthcare Team About Behavioral Symptoms of Alzheimer's Disease

A Guide for Caregivers

Alzheimer's disease affects how a person thinks, feels and experiences the world. Along with memory and cognitive changes, **up to 70% of people with Alzheimer's disease also experience behavioral symptoms**, which can appear at any stage of the disease. These symptoms may be distressing for both the patient and their caregivers, often affecting the practical, physical and emotional aspects of daily life. It can be helpful to remember that symptoms are the result of **real, physical changes in the brain** and not a reflection of your care.

Healthcare providers can help caregivers understand what Alzheimer's disease symptoms mean and how to respond

The following questions are designed to guide conversations with your loved one's care team so you can discuss the behavioral symptoms you are noticing, how those symptoms are impacting daily life, how to respond in the moment and what resources may help. If you are more comfortable, you may consider discussing your concerns privately with your loved one's provider.



TIPS

- Keep notes and observations in your phone regarding your loved one's behaviors to share at healthcare appointments.
- Ask if you can record the healthcare provider's responses using your mobile phone's voice memo app, so you can refer to them later.

Use these questions to start the conversation.

- 1 What behavioral symptoms could my loved one experience because of Alzheimer's disease?

2 My loved one is experiencing **hallucinations/delusions/fear/suspiciousness**. Could these behaviors be signs of psychosis?

- Describe specific behaviors you're seeing and how often they occur.

- Examples: insisting there's a stranger in the room when no one is there, believing someone is stealing from them, talking to voices or people you cannot see.

3 My loved one is **wandering** or experiencing **increased irritability/aggression/restlessness**.

Could these behaviors be signs of agitation?

- Describe specific behaviors you're seeing and how often they occur.

- Examples: pacing, raising their voice, refusing meals/care, yelling, pushing, hitting.

Use these questions to guide discussions about supporting your loved one through their symptoms.

1 How can I reduce stress or potential triggers for my loved one?

2 What should I do if I suspect my loved one is experiencing hallucinations or delusions?

3 What should I do when my loved one becomes agitated?



Remember, you are not alone in facing these challenges. These symptoms are often a result of the disease and its impact on the brain and not a reflection of you or your care.

Bristol Myers Squibb is conducting clinical trials in Alzheimer's disease with the goal of improving available care and treatment options. Learn more and see if your loved one is eligible for a trial at [NavigatingALZ.com](https://www.navigatingalz.com).