

Difficult situations: *Antipsychotic medication and dementia*

Activity

Take a few moments to think of a time when you weren't feeling your best. Maybe when you had a heavy cold or another illness. Or maybe a medicine like hay fever relief or an antibiotic made you feel very tired. What about when you've finished a long shift, perhaps a night shift or have been jet lagged after an international flight?

Remember how you felt at this time and read through the list of activities below, marking whether you'd have felt like doing each thing or not.

Do this quite quickly – don't spend too long thinking about each one.

1. Sitting in a chair for a long time: Yes/no/maybe
2. Joining in an activity like a quiz: Yes/no/maybe
3. Sitting by yourself in a quiet room: Yes/no/maybe
4. Going to or staying in bed: Yes/no/maybe
5. Changing your clothes: Yes/no/maybe
6. Moving into a dining area and eating a meal: Yes/no/maybe
7. Making yourself a hot drink: Yes/no/maybe
8. Explaining something complicated to someone: Yes/no/maybe
9. Listening to a complex explanation from someone else: Yes/no/maybe
10. Making an effort with your appearance: Yes/no/maybe

Have a look at those activities you've said 'yes' or 'no' to.

Does this give you some insight into why people with dementia taking antipsychotic medication may behave in some of the ways they do?

How would you feel if someone tried to persuade you to join in an activity which you didn't feel up to?

Can you think of situations in your service when people with dementia don't want to join in what's going on around them or use the skills and abilities they have? Are antipsychotics sometimes involved? Is there any action you could take in the future to address this?