



## Previously Recorded Audio/ Video Seminar

# Sundown Syndrome: Tools to Respond & Not React

For most people, the end of a long day is a time to celebrate and relax. For those individuals living with Alzheimer's or other forms of dementia diseases, this might be a time for heightened anxiety, memory loss, and agitation.

This session will explain Sundown Syndrome, describe common symptoms, possible triggers, and ways staff and family members can help manage this time of day using person centered approaches.

**After attending this course participants will be able to:**

- **Define and interpret Sundown Syndrome**
- **Give examples of common symptoms, and challenges these individuals may possess.**
- **Identify common triggers and ways staff and family members can help manage this time of day.**
- **Give examples of how you can create, and execute non-pharmacological approaches that are person centered based upon a person's life story.**

**Ready to register for our webinars?**

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**All webinars are \$25.00 each and include (1) Continuing education credit**

CE credits available for Health Facility Administrators and Social Workers.

**For more information visit our website at: [www.alzni.org](http://www.alzni.org)**

