

# Why is There a Hammer in the Fridge?

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# A Fridge? A Hammer?

This is the real story of:

My Father

Alzheimer's

and

I.

# DSM 5 criteria for Major Neuro-cognitive Disorder

- Evidence of significant decline in one or more cognitive domains, preferably documented by a standardized instrument
- The cognitive deficits interfere with independence in everyday activities
- The cognitive deficits do not occur exclusively in the context of a delirium
- The cognitive deficits are not better explained by another mental disorder

# What Do I Do, When These Things Happen?

- Changes in social interactions
- Changes in behavior
- Your loved one does not know who you are
- Sundowning
- Paranoia
- I don't want to do what you tell me to

# Rule #1: Avoid Conflict

## Go with the Flow

- Don't contradict AD patient
- They forget. You don't need to remind them.
  - Let them forget that they forgot.
- Don't quiz them. You're not Alex Trebek.
  - Just give the answers.
- Agree. Give it time and try again.

Get all members to work together.

# Keep it Simple

- Avoid extensive explanations
- Stay calm, be gentle but firm.
- The emotions and tone projected can affect and influence the situation during a behavioral episode.
- Choose your words carefully
  - Avoid: must, have to, need to

# The Dirty Little Secrets.

- Behavioral problems may appear from conditions not directly associated with the pathophysiology of Alzheimer's
  - Dehydration
  - U.T.I. Urinary Track Infection
  - Constipation, Fecal Impaction
- Idiopathic
  - Blood Pressure, Pain, Blood Sugar Treatments

# One day you'll look back and laugh

Don't take it personal, it isn't

If you can add fun to the situation, do it.

Find the way it best works for you

Stay Positive







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A Family Member's Guide to Alzheimer's

**Moraima Trujillo, MD**

with Nora Trujillo