

# FACT SHEET ON AGITATION

**1.**

Agitation is common in middle or end-stage dementia.

**2.**

Agitation includes yelling, pacing, or aggressive behavior.

**3.**

Sundowning is agitation that occurs in the afternoon or early evening.

**4.**

Agitation is caused by pain, hunger, thirst, fear, boredom, or need to toilet.

**5.**

Agitation can lead to aggression.

**6.**

Find the cause of agitation and treat the cause.

**7.**

Psychotropic medications treat symptoms but not the cause.

**8.**

Agitation requires a careful evaluation to identify underlying causes.

*For more information or inquiries, call the Dementia Education & Training Program  
at 1-800-457-5679*