



Agitation & Restlessness

Restlessness is the need to move around, often without knowing the reasons why. Agitation is severe restlessness that affects an individual who also has difficulty with memory, confusion, or concentration.

The following can cause restlessness or agitation:

- Pain
- Anxiety
- Low oxygen levels
- Constipation
- The inability to empty the bladder
- Underlying infection
- Emotional or spiritual distress, or
- The effects of medication.

All of the listed causes can also make restlessness or agitation worse if it is already occurring.

If your loved one is experiencing restlessness or agitation, please call the 24-hour number. In the meantime, try the following steps.

- Keep the environment quiet and calm.
- Stay close by and provide a calm presence.
- Tell familiar, comforting stories.
- Play music that is soft, soothing, and familiar.
- You can attempt to provide a gentle hand massage if your loved one is able to tolerate being touched.
- Be sure to keep a soft light on in the room at all times.
- If a doctor has ordered oxygen, use the oxygen as ordered by the physician.
- Consider the situations or events that are surrounding your loved one and evaluate them as the cause for distress and anxiety.
- If any anti-anxiety medications have been prescribed by a physician, provide them to your loved one at this time.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.