

## How can I help my loved one stay motivated? Even getting out of bed seems to be hard for her.

Even people who have always led active lives may need extra assistance with simple tasks, such as getting out of bed, once they are affected by cognitive changes. This lack of motivation may lead to frustration and sadness for both you and your loved one. The following factors may be contributing to your loved one's lack of motivation:

### Physical Causes

- Brain changes reduce the ability to come up with new ideas and initiate activity. They also may slow down how the brain processes new information.
- Your loved one may be experiencing depression, which can masquerade as a lack of interest.
- Increased confusion may make it difficult to follow multi-step directions.



### Environmental Causes

- Sights, sounds, smells, and terrain can cause sensory overload, and too much distraction increases confusion.
- Sometimes persons with cognitive issues may seem disinterested when they are actually confused. This often happens when he/she feels confused in a familiar environment.

### What can I do?

- A relaxed positive tone helps a person feel at ease.
- Activities based on his/her interest may seem more appealing than unfamiliar ones.
- Give the person something to look forward to by offering a reward for their participation and showing excitement in your voice.
- Do not always depend on words to communicate. Try using your body, writing things down, or showing pictures.
- Make tasks or activities simple by breaking down steps. Do not focus on mistakes made; instead, praise efforts.
- Reduce noise levels and distractions if you feel they may be a factor. Use sound in a meaningful way, such as upbeat music to boost physical activity and soothing sounds to create a peaceful atmosphere.
- Stimulate the senses to engage your loved one. For example, a drop of a favorite perfume can remind a person of a cherished memory, while a scent or sound reminding them of work can signal it is time to get active.

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## ***What can I do?***

- Encourage your loved one to do what they can independently and only offer to help if needed.

Maintain realistic expectations and appreciate small milestones. Your loved one may not be able to focus for long

periods of time. Activities that can keep your loved one's interest, even for a short period, are considered successful.

Speak with your doctor if you suspect your loved one is depressed. A lack of interest can be a sign of depression.

## **For More Information:**

(602) 406-6262 | [BarrowNeuro.org/Memory](http://BarrowNeuro.org/Memory)