

# UNDERSTANDING & MANAGING SUNDOWNING

## A Caregiver's Guide from Elder-Well® Adult Day Program

### What is Sundowning?

Sundowning is a common behavior pattern in individuals living with Alzheimer's or dementia. It refers to increased confusion, agitation, anxiety, or restlessness that begins in the late afternoon or early evening.

### Why Sundowning Happens:

- Disruption of the body's natural sleep-wake cycle
- Fatigue after a long day
- Low lighting or shadows triggering confusion
- Overstimulation or unmet physical needs (like hunger or pain)

### At Elder-Well®, We Understand.

Our structured, social adult day program provides the routine, stimulation, and support that helps reduce sundowning symptoms—giving caregivers a break and individuals with dementia a brighter day.

### Tips to Help at Home:

- 1. Stick to a Daily Routine:** Consistency reduces confusion and builds comfort.
- 2. Maximize Daylight:** Open blinds, go outside, and reduce indoor shadows.
- 3. Create a Calming Evening Routine:** Try gentle music, aromatherapy, or low-stimulation activities like folding towels.
- 4. Watch for Triggers:** Avoid caffeine, large meals late in the day, and loud or busy environments.
- 5. Limit Daytime Naps:** Too much sleep during the day can disrupt the sleep-wake rhythm.
- 6. Stay Calm and Reassuring:** Speak softly and use simple phrases. Validate feelings rather than correct confusion.

### When You Need Support:

Even the most devoted caregivers need time to recharge. That's where Elder-Well® Adult Day Programs come in.

#### Our Elder-Well® centers offer:


- A structured daily schedule
- Socialization and cognitive engagement
- Nutritious meals and wellness checks
- A safe, enriching environment while caregivers rest or work

### Additional Resources:

- [Alzheimer's Assoc – Sundowning Tips](#)
- [Family Caregiver Alliance](#)
- [Elder-Well® Blog](#)
- [Self-Care for the Caregiver PDF](#)

### You are not alone.

If you're caring for someone who experiences sundowning, remember this: **You deserve rest. You deserve support. And help is here.**

 Learn more or find a location near you: [elderwelladulthood.com](https://elderwelladulthood.com)

Elder-Well® Adult Day Program | 866-821-4333 | [elderwelladulthood.com](https://elderwelladulthood.com)

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