



Changed Behaviour – noisy

Information about dementia for people living in or visiting the residential aged care facility.

People living with dementia often think, act, and behave differently to how they once did.

Changes taking place in the brain can cause the person to:

- call out, yell, cry, or scream
- talk constantly or repeat the same thing
- sigh, moan or groan.

This can be upsetting for others, and for the person themselves.

What causes noisy behaviour?

There is no single answer. People with dementia are often unable to explain what they want or what they are feeling.

They might feel upset, uncomfortable or unwell, and no longer know what to do about it.

If a person with dementia is noisy, it may be because they have a problem, they need help with.

This can include:

- being in pain
- being constipated and or dehydrated
- having an infection
- a side effect of some medications.

It can also be a sign of:

- feeling frustrated, anxious, or depressed
- feeling hungry, thirsty, hot or cold
- needing to use the toilet but not being able to ask for help
- wearing uncomfortable clothing or footwear
- wanting to get away from a noisy or busy area and not being able to
- feeling frustrated at not being able to do things they used to do easily
- being tired or having problems sleeping.



Caring for someone with noisy behaviour

- Maintain a routine that suits the person.
- Be aware of things that upset them.
- Be calm. Speak slowly and clearly.
- Reassure the person. Listen to what they are saying and try to understand their needs.
- Keep their surroundings as calm and quiet as possible.
- Try playing their favourite music.
- Try rocking movements, hand movements or changing their position.
- Do enjoyable and meaningful activities which may distract them, like having a cup of tea or going for a walk.
- Exercise may reduce agitation.

Working together

You, your family and friends are important members of the care team who understand the person living with dementia best.

By working together with staff to share information helps to develop a care plan that is centred on the person. Finding out what triggers the person's behaviour can help reduce it.

Talk to staff and ask questions about caring for someone with dementia.

Questions to ask staff

- Have you checked for pain, illness, or infection?
- Is there a behaviour support plan in place to help staff when the person becomes noisy?
- Is a dementia specialist available to be involved in care planning?



Want to know more?

Read the Dementia Australia [agitated behaviour factsheet](https://www.dementia.org.au/sites/default/files/helpsheets/Helpsheet-ChangedBehaviours8-AgitatedBehaviours_english.pdf) <https://www.dementia.org.au/sites/default/files/helpsheets/Helpsheet-ChangedBehaviours8-AgitatedBehaviours_english.pdf>

For expert advice and support contact National Dementia Helpline on **1800 100 500**. The helpline is free, open 24 hours a day, seven days a week, 365 days a year.

Disclaimer: This health information is for general purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

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