

STEADIER GROUND FIELD CARD

Sundowning on the Unit

TRY SAYING

- "The day shift is heading home. I'm here for the night."
- "Let's turn some lights on and see what's outside."
- "Would a call from home help right now?"

AVOID SAYING

- "It's just sundowning." Don't stop checking pain and the bathroom.
- Long reorientation explanations at 7pm.

BEFORE DUSK

1. Lights on, curtains open, the schedule visible.
2. Offer the bathroom, a snack, and water proactively.
3. Introduce the night shift by name.
4. Track whether tonight matches most nights.

If it doesn't match most nights: work it up as new confusion instead.

Sedation orders: set by your unit and the treating physician.

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