**Coping mechanisms and tips:**

<https://www.nhs.uk/conditions/dementia/living-with-dementia/behaviour/#:~:text=Keeping%20an%20active%20social%20life,providing%20reassurance>

<https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-supporting-person-dementia>

<https://www.alz.org/help-support/i-have-alz/live-well/tips-for-daily-life>

Some very good suggestions for planning and managing daily tasks

<https://www.health.harvard.edu/blog/dementia-coping-with-common-sometimes-distressing-behaviors-202305082933>

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia>