APPENDIX 4. Psychosocial Therapies for BPSD

Symptom	Strategy	Level of Evidence/ Grade of Recommendation
Agitation	Personalized meaningful activities	Moderate, Strong
	Music therapy using preferred music	
	Robotic pets	Moderate, Conditional
	Massage	
	Aromatherapy	Low, Conditional
	Animal-based therapy	Very Low, Conditional
	Physical exercise	

Psychosis	• Personalized pleasant activities and psychosocial interventions (e.g., music)
	• Other strategies:
	  ○ Confirm patient claims are actually not occurring (e.g., items not being stolen)
	  ○ Advise care partners that delusions/hallucinations are the patient's reality; do not confront false beliefs
	  ○ Distraction, memory aids
	  ○ Avoid clutter, TV, radio
		Very Low, Conditional
		
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Depression	Cognitive stimulation therapy (mild to moderate dementia)	Moderate, Strong
	Physical exercise	
	Personalized meaningful activities	
	Reminiscence therapy (provides reminders of their past or family) • Long-term care • Community settings	 Moderate, Strong Low, Conditional
	Massage and touch therapy • Mild to moderate dementia • Severe dementia	 Moderate, Strong Low, Conditional
	Robotic pets	Moderate, Conditional
	Animal therapy • Long-term care • Community settings	 Low, Conditional Very Low, Conditional
	Occupational therapy	Low, Conditional
Anxiety	Music therapy using preferred music	Moderate, Strong
	Cognitive behavioural therapy adapted for patients with dementia (mild to moderate)	Low, Conditional
Sexual expressions of potential risk	Patient and caregiver education, removal of environmental triggers, changes in environment, and strategies to engage patients in other activities for reducing sexual expressions	Very Low, Conditional
Repetitive questions/ mannerisms	• Reassure, distract, address underlying issue • Write answer to repetitive question on a card and ask patient to read card instead	—
Restless roaming	• Distract, engage, adapt environment to reduce exit-seeking • Make roaming safe (e.g., supervised walks, secured place to roam, exercise equipment) • Register with MedicAlert or Alzheimer Society Finding Your Way program • Consider locator device	—

Sources: 1) Canadian Coalition for Senior's Mental Health. *Canadian clinical practice guidelines for assessing and managing behavioural and psychological symptoms of dementia (BPSD)*. 2024. https://ccsmh.ca/wp-content/uploads/2024/03/CCSMH-BPSD-Clinical-Guidelines_FINAL_March-2024.pdf; **2)** Centre for Effective Practice. *Use of antipsychotics in behavioural and psychological symptoms of dementia (BPSD)*. Primary Care 1st Edition. 2016. https://cep.health/media/uploaded/UseofAntipsychotics_PrimaryCare2016-2.pdf.

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