

Managing Disinhibited Behaviour in Dementia



The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

What is Disinhibited Behaviour?

Disinhibited behaviour is an action (or actions) that arise from a lack of self-restraint by an individual. He/she comes across as offensive, inconsiderate or disrespectful, and acts in a socially and sexually inappropriate way.



Types of Disinhibited Behaviour

1. Social

- Impulsive, undue familiarity, disregard for others and social norms
- Tactless, mean, hurtful or rude
- Use of obscene or explicit language
- Aggressive outbursts, misconduct, oppositional or risk-taking

2. Sexual

Verbal: sexual comments, jokes or swearing

Self: undressing in public, 'fiddling' with self in a private or public place with or without erection; masturbates in public with or without erection

Others: touching or grabbing another in erogenous zones, sexual proposition, sexual assault, attempting sexual acts with objects

Reasons behind Disinhibited Behaviour

- Medical or psychiatric condition under drugs or alcohol influence
- Disorientation towards people or misidentification (e.g. confusing one's helper with one's wife)
- Discomfort (e.g. tight clothing, rash over diaper area)
- Forgetfulness and loss of basic skills (e.g. forgetting where the toilet is)
- Disorientation to time (e.g. believing it is bedtime when it is morning)
- Psychosocial causes (e.g. lack of same sex partner/privacy/misinterpreted cues from surroundings)



Tips to handle Disinhibited Behaviour

- Remove potential triggers such as environmental factors, offending drugs and treat underlying medical conditions
- Orientate and keep them informed of activities frequently
- Let them know in a gentle but firm tone that inappropriate sexual behaviours are unacceptable. Give frequent, direct, clear and non-confrontational feedback immediately. Do not over-react or pay less attention
- Provide privacy and opportunities for him/her to relieve sexual urges, by offering a private and safe space with use of a screen/curtain, sex doll. Receiving affection from family or pets will also facilitate patients to express love and intimacy
- Relocate or remove vulnerable persons or those unable to give full consent to sexual activity
- Modify clothing to prevent easy removal. e.g. pants without zippers, opening at the back

- Redirect or distract the individual with an activity to occupy his/her hands e.g. folding a towel
- Provide a same-sex caregiver
- Join a caregiver support group to share your frustrations as a caregiver
- Speak to friends and family to excuse him/her for the inappropriate behaviour



For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

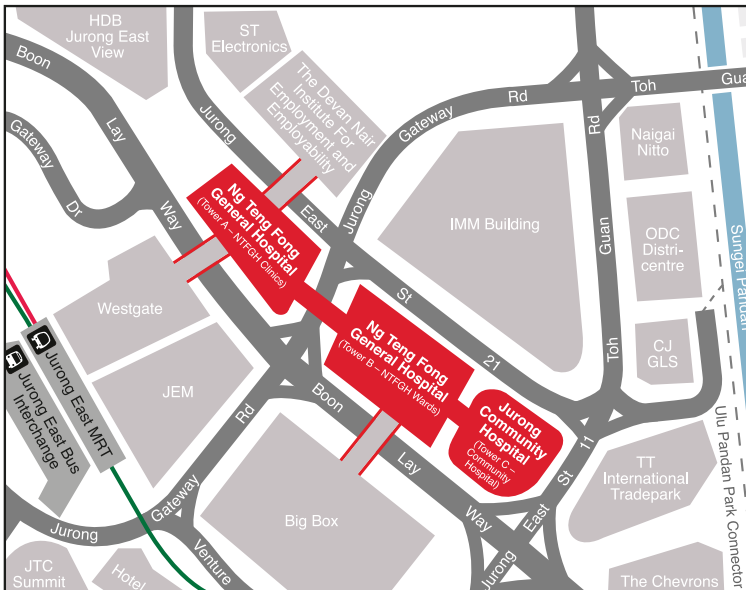
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.