

## When the sun goes down

### ANCHOR LEDE

Have you heard of sundowning? It's a set of behaviors for older adults at night, and it's a real problem for caregivers.

### TAKE VO

Courtney McFarlin, a geriatrics expert at OSF HealthCare, says behaviors include agitation, pacing and even physical aggression.

To help, try medicine like melatonin. Strike long naps from the elder's day. And practice general good sleep hygiene, like keeping your phone out of the bedroom. You should also make your home trip-proof and escape-proof.

### \*\*\*SOT\*\*\*

Courtney McFarlin, OSF HealthCare provider

**"[People can] actually unlock the door and wander outside in the middle of the night. So, make sure the door is properly locked. If the adult is someone who wanders at night, make sure they don't have the ability to leave home." (:15)**

### VO TAG

Ultimately, a caregiver may have to change living arrangements. A first step is to bring more people into the home to help. Or, you may have to look at an assisted living facility.