

Behaviors and the Person Living with Dementia

Behavior: _____

	<ul style="list-style-type: none"> • Are you understanding the disease process? Do you need to change your approach based on the reverse developmental stage? <p>What about the life story might be significant: _____</p> <p>_____</p>

Listen/Be Present (Ask questions like...)	<p>Physical/Emotional Discomfort or Pain: Has there been any recent change in medications? Are there any infections (urinary tract infection, etc.)? Any other medical changes that might be causing the behavior? When was the last visit to the doctor? Is the person in pain (internal/external)? Have the person's hearing and eyesight been checked lately? Dental problems? Clothes uncomfortable? // Could the person be feeling depressed/anxious? Feelings of loss/grief?</p> <p>Task Too Complicated: Is the person having a bad day, and you need to adjust your approach and simplify the task (i.e., signs on doors for bathrooms or putting on a two hour schedule). How can you break the task down in a more simplistic fashion?</p> <p style="text-align: right;">(Continued on back page)</p>
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Listen/Be Present
(Ask questions like...)

Environment: Is there something in the environment that is overwhelming their senses (remember that people with dementia are easily distracted and overwhelmed.) If they were in a quiet place, did you “sizzle” their neurons by trying to get them to do a task too quickly? What else in their environment might they be interpreting incorrectly?

Communication* - Care Partner Approach: Are you arguing with them? Is your speech too fast? Are you focusing on the facts and not the feelings? Are you taking time to connect through non-verbals?

*Categories from **Understanding Difficult Behaviors** - by Anne Robinson, Beth Spencer, and Laurie White

LISTEN by writing an “I” statement as if the person living with the disease were telling you:

**When I, the person living with dementia, _____ (list behavior),
I am trying to tell you...**

Option 1: _____

Option 2: _____

Option 3: _____

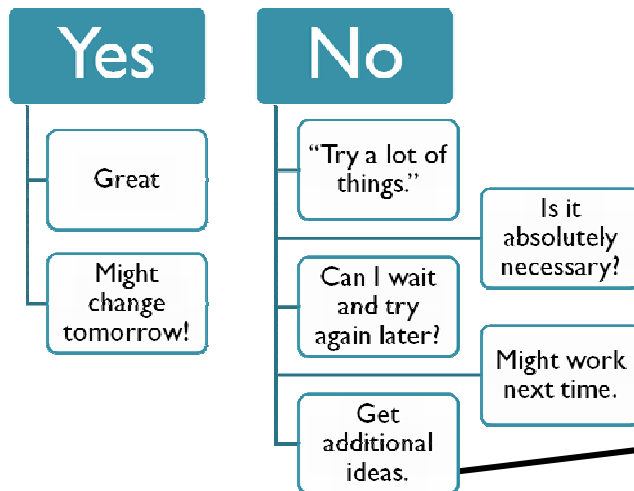
Choose an Option/Act
(Remove barriers/change approach)

Option 1 Action(s): _____

Option 2 Action(s): _____

Option 3 Action(s): _____

Did it Work?



Learning Circles - Discuss additional ideas or thoughts using learning circles at work. Successful dementia caregivers need others to help them think of new ideas and for support.

Families (Life Story) - Invite families to be part of the solution by sharing background information. Knowing the life history and, in particular, unique ways the person’s core psychological needs were met is crucial.