



Walking Together

Making our Way Along the Dementia Path

Session 5

Dealing with Behaviors that Challenge Us

The following information has been gathered directly from key slides in this presentation.

<p>Questions to Ask Ourselves (Slide 5)</p>	<ul style="list-style-type: none">• When you think of dementia what's the first word that comes to your mind?• When I think of dementia I think of _____.• People with dementia make me feel _____.• Who was the first person you knew who had dementia? What was your experience with that person?• Who are those people with dementia that you find particularly challenging?• What are their behaviors that you find particularly challenging?• How much training have you had in supporting persons with dementia?• What training do you wish you had in supporting a person with dementia?
<p>Words are Important (Slide 7)</p>	<ul style="list-style-type: none">• They are "Responsive Behaviors" not "Challenging or Difficult Behaviors".• The person is responding to something, and our role is to try to figure out what that something is so we can assist them.
<p>Get Curious (Slide 8)</p>	<p>We need to keep asking ourselves "What could be causing this responsive behavior?"</p> <ul style="list-style-type: none">• Could it be something physical?• What is happening in the environment?• What time of day is it occurring?• Have you seen this before? Is there a pattern?• Has something changed? Meds? Infection?• Is there something you are trying to do to them that is causing the behavior?• What works well for them?

<p>So Now What? (Slide 9)</p>	<ul style="list-style-type: none"> • Document what is occurring and why. • Create a plan to provide support. • Document Share with others - What works? What doesn't? • Evaluate and revise the plan as needed. • Share with others – TEAMWORK is key to Consistency!
<p>The Plan (Slide 10)</p>	<ul style="list-style-type: none"> • What abilities do they still have? • What does the individual like to do? • How can the person do what they like to do? • What engages the person? • Who works best with this individual? • What assistance does the person need to succeed?
<p>Medications (Slide 11)</p> <p>Always work closely with the physician</p>	<ul style="list-style-type: none"> • Try non-pharmaceutical approaches first. • When medicating the rule is often to start low and go slow. • The risk of medication can be: <ul style="list-style-type: none"> Over sedation Falls Extra pyramidal symptoms Stroke High blood pressure/sugar Increased mortality • Pain is often under medicated for persons with dementia.
<p>Repetitive Actions (Slide 13)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • What is the emotion they are expressing? • Does the behavior reflect a need or want? • Is this a pattern? What and when do you observe it? <p>Providing Support</p> <ul style="list-style-type: none"> • When possible, address the want or need. • Engage in an activity that is similar to the behavior. Such as offering a cleaning cloth for repetitive rubbing.
<p>Repetitive Questions (Slide 14)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • What is the emotion you are observing? • Is this a need for engagement or some other need? <p>Providing Support</p> <ul style="list-style-type: none"> • Respectfully respond each time. • Create consistent location for them to find the answer. • Consistent reminders in prominent location such as calendars, clocks, notes, index cards. • Create a Life Story or memory book with one picture per page with simple and 1-2 sentences to describe the photo.

<p>Agitation / Anxiety (Slide 15)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there a theme or pattern? • What could be the cause? • Is it occurring at a particular time of day? • Do they have physical issues? UTI? Tired? Hungry? • Are they bored or lonely? <p>Providing Support</p> <ul style="list-style-type: none"> • Support with a calm and reassuring demeanor. • Engage in a task, take a walk or offer a snack. • Play relaxing music.
<p>Restlessness (Slide 16)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there a theme or pattern? • Is there a physical need? Hungry? Thirsty? Bathroom? • Are they bored and looking for something to do? <p>Providing Support</p> <ul style="list-style-type: none"> • Keep to a daily routine for consistency. • Provide a simple calendar that they are able read so they know what they might be doing next. • Providing an opportunity to sort or organize objects or engage in a task could address the issue of boredom.
<p>Anger/ Aggression (Slide 17)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Are there physical issues? Pain? Infection? • Environment – Over stimulation? Reacting to others? • Are you doing something that is causing the response? <p>Providing Support</p> <ul style="list-style-type: none"> • Take 3 deep breaths and encourage them to breath with you. • Speak in a calm low and slow voice. • Stop whatever is causing the response and retry later. • Don't argue it will not work.
<p>Anger/Aggression (Slide 18)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Listen to what they are saying it might give you a clue as to what is bothering them. • Investigate what could be occurring to cause the response. How is it making them feel? <p>Providing Support</p> <ul style="list-style-type: none"> • Validate their feelings and affirm their concerns. • Do not tell them they are wrong or argue with them.

<p>“I want to go home” (Slide 19)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there a theme or pattern? • What do you think “home” means to them? Comfort? Familiarity? Hunger? Bathroom? • What is happening at the time? Noise? Shift change? <p>Providing Support</p> <ul style="list-style-type: none"> • Support feelings. • Talk about home.
<p>“Walking about” not “Wandering” (Slide 20)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there a theme or pattern? • Are they... <ul style="list-style-type: none"> • Looking for or needing something? • Pain? Hunger? Bathroom? Exercise? <p>Providing Support</p> <ul style="list-style-type: none"> • Address the need or want. • Provide opportunities for engagement. • Create role for that time of day.
<p>“Shadowing” (Slide 21)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there a theme or pattern? • Are you observing anxiety or insecurity? <p>Providing Support</p> <ul style="list-style-type: none"> • If needing reassurance offer it. • When possible, include them in your work.
<p>Sleep Disturbances (Slide 22)</p>	<p>Get curious</p> <ul style="list-style-type: none"> • Is there something waking them up? • Are they getting too many liquids before bed? • How do they have the chance to wind down before bed? • Is their bed and bedroom comfortable? Too hot? Too cold? Too light? Too dark? <p>Providing Support</p> <ul style="list-style-type: none"> • Exercise but not just before bed. • Provide opportunities for fresh air and sunshine. • Bedtime snack but not too many liquids. • Darken room and provide quiet.

