

understanding and responding to dementia-related behavior



Objectives

By the end of today's program, you will be able to:

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address common dementia-related behaviors.

Behavioral changes have many triggers



Pain or discomfort



Over-stimulation
or boredom.



Fear or frustration.



Unfamiliar surroundings.



Complicated tasks.

Understanding and addressing the behavior



Detect and connect



Address physical needs first



Then address emotional needs



Reassess and plan for next time

Understanding and addressing the behavior

Detect and connect

- Join the person in his or her reality by trying to see the world through his or her eyes.
- Understand the person's reality in context before intervening: Who? What? Where? When? How? What took place before, during and after the behavior took place?
- Approach the person calmly and respectfully.



Understanding and addressing the behavior

Address Physical needs first

- Medical issues.
- Physical problems such as:
 - Hunger or thirst.
 - Lack of social interaction.
- Environmental triggers for discomfort.



Understanding and addressing the behavior

Then address emotional needs

- Focus on the person's feelings, not facts
- Use your knowledge of the person's preferences to provide effective interventions.
- Redirect the energy into a more soothing activity.



Understanding and addressing the behavior

Reassess and plan for next time

- Go back to detecting and connecting.
- Join the person's reality.
- What went well and what didn't?
- How can you make adjustments?



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Apply these to any behavior



Confusion or suspicion

Not recognizing familiar people, places or things;
accusing others of theft, infidelity, etc.



Confusion or suspicion

Let's keep Ann's situation in mind as we review these steps...



Detect and connect



Address physical needs first



Then address emotional needs



Reassess and plan for next time

Aggression

Aggressive behavior may be verbal or physical. It may occur suddenly for no apparent reason, or may emerge following a trigger.



Aggression

dementia-related
behavior

Once again, review these steps...



Detect and connect



Address physical needs first



Then address emotional needs



Reassess and plan for next time

Repetition

Saying something over and over, repeating words, questions or behaviors.




Repetition

Let's keep Ann's situation in mind as we review these steps...



Detect and connect



Address physical needs first



Then address emotional needs



Reassess and plan for next time

Wandering

60% of people with dementia will wander, and it can happen at any stage without warning.



Wandering

Let's keep Ann's situation in mind as we review these steps...



Detect and connect



Address physical needs first



Then address emotional needs



Reassess and plan for next time

Questions?

Alzheimer's Association

We're here. All day, every day.

24/7 Helpline: 800.272.3900

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