



## AGGRESSION: MANAGEMENT STRATEGIES

The following interventions may help with may help with a particular patient who is aggressive.

### KEEP IN MIND HOWEVER:

- These interventions MAY NOT work every time a patient is aggressive.
  - Try each intervention option below, for at least ten minutes.
  - If an intervention is unsuccessful, try the next activity.
  - Use these activities in any order.
  - Always document that these activities are supervised by staff.
1. Regular, scheduled walking has been reported to lessen aggression in some patients with dementia. Try ambulating in a hallway or outside if appropriate. If disabled, use an assistive device or wheel chair to move the patient from place to place. Frustration with immobility and a desire to move may lead to aggressive behavior.
  2. Exercise without walking. Brief, regular periods of daily exercise tend to lessen aggression among confused patients with dementia. Gentle, range of motion exercises should be attempted before patients develop aggression.
  3. Listen to music that was soothing to the patient in their life. Classical music may also help, if the patient is unable to convey their choice of music.
  4. Redirect from the current situation by distraction with a comforting object, like a blanket or pillow. Tactile stimulation can calm individuals with agitation or aggression.
  5. Using a simulated presence (SP) videotape or DVD may help calm the patient. These presentations are made by family and describe past events or recent news of the members of the patient's social network. The videotape or DVD can simply be of a familiar person talking, or even incorporate cherished photos or family videos. The average length is about ten minutes and can be played repeatedly.
  6. Check the lighting. Bright lights have lessened agitation and aggression in dementia patients. Find a brighter area and allow the patient to relax.
  7. Be alert for signs and symptoms of depression which may increase aggression.

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