



DEMENTIA BEHAVIORS: GENERAL MANAGEMENT STRATEGIES

The following interventional approach will guide your design of a treatment plan for a particular patient who engages in disruptive behaviors.

1. Identify the behavior and its context.

- Explicitly describe the behavior.
- At what time of day is the behavior exhibited?
- What is happening before and after the behavior occurs?
- What happens as a result of the behavior?
- Is there an environmental trigger?
- Does the resident have a new medical or psychiatric illness?

2. Does the resident have an unmet need?

- Address pain, hunger, elimination.
- Does the behavior represent a functional act to relieve anxiety? e.g. pacing.

3. Minimize Environmental Change –

- Stability is essential.
- Limit the number of caregivers and reward caregivers that work well with a resident.
- Minimize room and roommate changes.

4. Control the amount of stimulation-too little or too much can precipitate behaviors.

5. Enhance communication

- Get down to their level- for residents in wheelchairs kneel down to eye level
- Provide visual cues for those with difficulty understanding or hearing
- Approach from the front
- Announce your name each time- especially for visually impaired residents
- Tell them what you plan to do before you do it.
- Don't hurry the resident—give 5 seconds to respond to each request.
- Break tasks down into simple commands. Instead of saying “go to the bathroom”, say: “stand up, step forward, turn, sit down”, etc.