

CHALLENGING BEHAVIORS AND EFFECTIVE APPROACHES

Listed below are behaviors that occur as a result of the disease process. In addition to the GENERAL GUIDELINES previously discussed, several KEY interventions for specific behaviors are identified.

BEHAVIORS/ RESIDENTS RESPONSES	DEFINITION	APPROACHES
Wandering/Pacing Pacing	<ul style="list-style-type: none"> • Movement with or without a purpose or goal 	<ul style="list-style-type: none"> • Distraction/diversion • Signs for clueing • Safe area to pace or wander • Monitor fatigue • Safe Return Bracelet
Rummaging/ Pillaging	<ul style="list-style-type: none"> • Searching, looking at, touching, holding, moving items from one place to another. Wandering into others rooms and 'borrowing' items. 	<ul style="list-style-type: none"> • Residents name on items • Use "straightening up" as an activity • Replace one item with another • Set special areas or boxes for rummaging, with safe items
Anxiety/Agitation	<ul style="list-style-type: none"> • Disturbed, troubled state of fear, anger in response to stimulation; demonstrated by inappropriate verbal, vocal or physical activity 	<ul style="list-style-type: none"> • Avoid frequent changes, crowds, or loud noises • Avoid anything that can be overwhelming • Remove person from the stressful situation to a calm area • Rule out infection or medical cause
Catastrophic Reaction	<ul style="list-style-type: none"> • Exaggerated or over-reaction to an incident; demonstrated by sudden mood, uncontrolled crying, agitation, restlessness, anger, with or without violence. 	<ul style="list-style-type: none"> • Anticipate stressors • Use positive statements • Distraction/diversion • Failure-free activities • Respond to the emotion • Use exercise to reduce stress

<p>Combativeness/ Aggression</p>	<ul style="list-style-type: none"> • Physical striking out (hitting) due to fear, anger, misinterpretation, or challenges 	<ul style="list-style-type: none"> • Respond, distract (i.e. use singing) to avoid further aggression • Move and speak slowly, remind person who you are; do not threaten • Have a planned system of response – take 3 steps back • Avoid restraints. Do not grab them!
<p>Sun downing</p>	<ul style="list-style-type: none"> • Increased behaviors (pacing, confusion, yelling, restlessness, etc.) that occur mid to late afternoon evening; possibly due to physical and emotional exhaustion or dehydration 	<ul style="list-style-type: none"> • Simplify approaches and environment • Take the resident to Outside light • Encourage fluids • Rest periods after lunch • Involve in a quiet activity • Provide security and protection • Evaluate medications, lighting • Melatonin vitamin may be
<p>Screaming, yelling or calling</p>	<ul style="list-style-type: none"> • Expressions of fear, or losing control 	<ul style="list-style-type: none"> • Rule out infection • Distract, divert (use music, f of towels, etc.) • Use touch, if appropriate • Try turning on a light • Rule out infection. • Calm Music
<p>Repeated movements</p>	<ul style="list-style-type: none"> • Using hands or fingers to take apart or pull at things or hitting or wiping surfaces, or chewing, clapping etc. 	<ul style="list-style-type: none"> • Give resident something to hold. • Snacks help • Evaluate for pain, infection Or other cause.
<p>Layering or stripping clothes</p>	<ul style="list-style-type: none"> • Dressing/undressing of clothes in inappropriate places or times. 	<ul style="list-style-type: none"> • Gently assist the resident to put on a robe or clothes • Substitute appropriate for

		<p>inappropriate clothing</p> <ul style="list-style-type: none"> • Clean clothing when they are not watching
Inappropriate Sexual Behavior	<ul style="list-style-type: none"> • Sexual activity involving inappropriate language, public exposure, offensive and/or misunderstood gestures. 	<ul style="list-style-type: none"> • Remain calm; don't overreact, argue, or scold or laugh. • Ignore language and behavior, distract or divert. • Assist resident to private space.
Demanding or accusing	<ul style="list-style-type: none"> • Wants everything done immediately or done for him/her; can't remember where possessions are. 	<ul style="list-style-type: none"> • Use caring, calm voice • Assist to find missing items • Use food or tasks to distract • Compliment person, tell them they look pretty. • Redirect them to a walk or exercise. • Food/snacks may help
Hallucinations And Delusions	<ul style="list-style-type: none"> • Hallucinations: sensory experiences (hearing, seeing, tasting, smelling and feeling) • not experienced by anyone else; • Delusions: persistent incorrect beliefs ("you're not my daughter") 	<ul style="list-style-type: none"> • Check hearing, vision, hearing aids, glasses • Modify environment to eliminate causes • If harmless, let go and Distract with tasks • Remember that it is real to the resident • Don't take it personally
Withdrawal and Apathy	<ul style="list-style-type: none"> • Sadness or depression to surroundings and people • Blank look or sadness • No expressions • Retreating to their room 	<ul style="list-style-type: none"> • Report symptoms • Avoid problem situations • Encourage positive Situations • Reassure person that he/she will be cared for as long as necessary • Do not force participation