

Rule Outs

Before we begin with a new example, we need to discuss ruling out medical problems. Before trying to change the person you are caring for's challenging behaviors, it is important to make sure that their behavior changes are not related to a medical problem.

Some common medical problems that can affect behavior include: Medical conditions (e.g., urinary tract infection, constipation, pain, fever) Medication side effects (have they started a new medication?) Sensory impairments (e.g., hearing loss, poor vision)

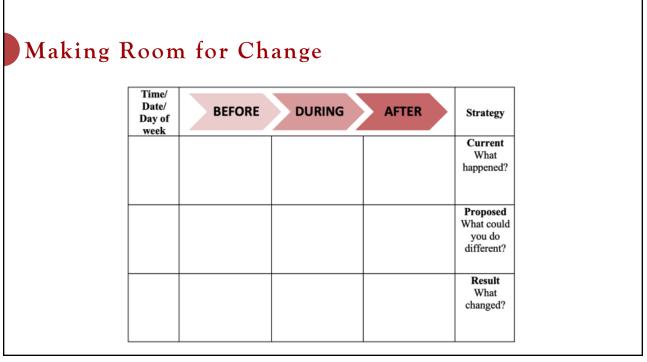
It is important that these conditions, as well as others, be adequately diagnosed and treated by your physician, as there may be underlying sources of their behavior problems.

Important Note: *Always* contact your loved one's physician if there is any sudden change in the person you are caring for's functioning.

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Remember Betty & Jane?

Time/ Date/ Day of week	BEFORE	DURING	AFTER
Almost every night around 3am	Betty wakes at 3am Jane is sleeping	Betty doesn't go back to sleep Betty wanders around the house	Jane tells her Mom to go to sleep Jane yells Betty cries



Proposed Changes for Before

Time/ Date/ Day of week	BEFORE	DURING	AFTER	Strategy
Almost every night around	Betty wakes at 3am Jane is sleeping	Betty doesn't go back to sleep Betty wanders around	Jane tells her Mom to go to sleep Jane yells Betty cries	Current What happened?
3am	No naps Keep her busy Exercise Bedtime routine No caffeine Talk to doc: rule out/ meds	the house		Proposed What could you do different?
				Result What changed?

Time/ Date/ Day of week	BEFORE	DURING	AFTER	Strategy
Almost every	Betty wakes at 3am	Betty doesn't go back to sleep	Jane tells her Mom to go to sleep	Current What happened
night around 3am	Jane is sleeping	Betty wanders around the house	Jane yells Betty cries	nuppeneu
	No naps Keep her busy Exercise Bedtime routine No caffeine Talk to doc – meds		Gently say: it's dark out, time to sleep Play soothing music Focus on the task; Stay calm Thirsty? Hungry? Bathroom?	Proposed What could you do different?

What Happened?

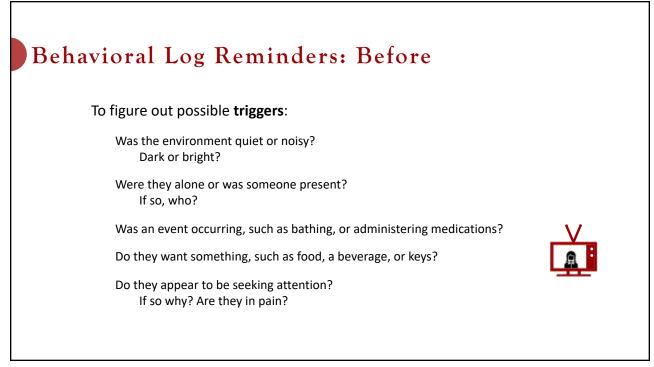
Regardless of which behavior and strategies you choose, the most important thing to remember is to be *consistent*.

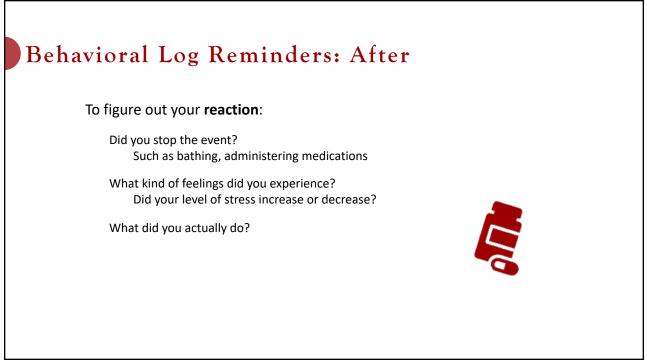
Problem solving is a process of trial and error.

Once this problem is solved, another one may develop.

It's possible that the strategy that you produced may work at sometimes and not others.

Be flexible, patient and creative!







Time to Try Your Challenging Behavior

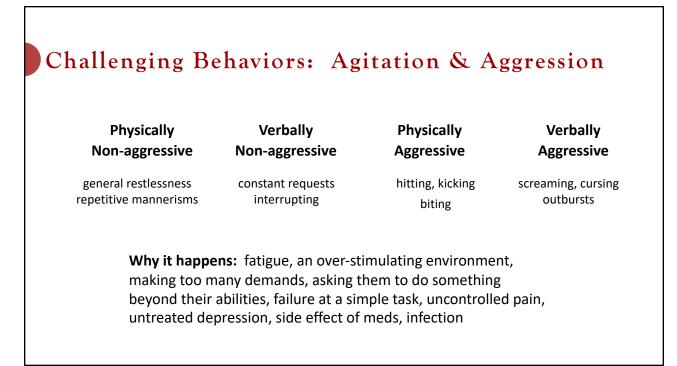
Every morning at 8 am, Jim and his wife Sue have breakfast. After breakfast, Jim sees car keys on the key hook by the breakfast table, and tells his wife, Sue, "I am going out for a drive." Sue reminds him that he no longer has a driver's license and is not permitted to drive. Jim responds by yelling, "I don't know what you are talking about," and angrily walks toward the driveway. Sue feels helpless and frustrated.

Time/ Date/ Day of week	BEFORE	DURING AFTER	Strategy
			Current What happened?
			Proposed What could you do different?
			Result What changed?



- See the behavior as a means of communication
 - Why is this happening right now?
- Be conscious of verbal tone & non-verbal signals you are sending
- Avoid punishment, blame, or ridicule
- Remain calm, walk away for a moment if you need to
- Respond to the emotion over the words
- Use distraction when possible
- Reduce caffeine
- · Always check in with the doctor for sudden onset of new behaviors
- Don't rush allow plenty of time
- · Use a visual cue, show on your body what you want to do before you touch them
- Take a time out when you need it





Challenging Behaviors: Agitation & Aggression

Repetitive Mannerism

What you can try:

- Have a daily routine
- Daily walks
- Give them something to fidget with
- Distraction

Hitting

What you can try:

- Do not confront or try to talk about it
- Do not try to touch them
- Look for patterns/ triggers
- Talk to doctor

Constant Requests

What you can try:

- Stay calm
- Not seeking information, looking for reassurance
- Use a white board for common questions

Outbursts, Screaming

What you can try:

- Don't ignore or talk over them
- Avoid topics / change topic
- Calm the environment / play music
- Look for patterns/ triggers

Challenging Behaviors: Wandering

What it is: Shadowing, repeated looking for cg, aimlessly walking, repeated attempts to leave the house, usually a combo of disorientation and restlessness

Why it happens: an attempt to leave, following someone out the door, bored or lack of stimulation, restlessness due to meds

What you can try:

- Keep coats/keys/purse out of sight
- Have a safe place and time to walk
- ID bracelet/dog tags
- Escape proof the house
- Exercise
- Redirect wandering to a new activity
- Reduce noise and confusion
- Keep a recent photo handy in case



