

# Behavioral Log Reminders

**When completing behavioral logs, keep in mind the following questions:**

To figure out possible **triggers**:

- ❖ Was the environment quiet or noisy? Dark or bright?
- ❖ Was your loved one alone or was someone present? If so, who?
- ❖ Was an event occurring, such as bathing, or administering medications?
- ❖ Did your loved one want something, such as food, a beverage, or keys?
- ❖ Did your loved one appear to be seeking attention?

To figure out your **reaction**:

- ❖ Did you stop the event (bathing, watching a tv show, administering meds)?
- ❖ What kind of feelings did you experience?
  - Did your level of stress increase or decrease?
  - What did you actually do?

Reminders for strategy:

- ❖ Could there be a medical problem?
- ❖ Be creative (exercise instead of sleeping pills, music instead of a sedative)
- ❖ Do you need a break? Is there someone you can ask to give you some time to recharge?
- ❖ Remember to look for both **trigger** and **response** strategies.

**Consistently use these strategies and complete the behavior log to find out if the behavior has changed.** You may feel that you can “mentally” keep track of whether the behavior has changed, however many find the log helpful, so they don’t have to remember the fine points of what they’ve tried.

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 came up with may work at sometimes and not others. Be flexible, patient and creative! Give yourself the gift of time, and permission to fail.

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



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