

# RECOGNIZING CHANGES IN BEHAVIOUR

It can be alarming and distressing when your loved one displays unusual behaviours related to changes in memory and abilities. Dementia can cause people to act in different and unpredictable ways. Some individuals become anxious or aggressive. Others repeat certain questions or gestures. Many misinterpret what they hear.

These types of reactions can lead to misunderstanding and frustration particularly between the person with dementia and their family and friends.

**Comments such as these are common:**

1. "My father never reacted this way before"
2. "I have never known mother to hit someone"
3. "My brother now uses foul language. It's not like him"

FAST  
FACT

*Dementia is a brain disorder that affects a person's memory, his/her ability to think clearly and act purposefully*



## OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

## OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

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# All Behaviours Have Meaning



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*Enriching Lives of Seniors*

# HELP YOUR CARE TEAM

At Park Place Seniors Living, we understand that all behaviour has meaning and our goal is to understand what our resident is trying to communicate through their behaviour. The care team will work with our resident and their family to develop an individualized plan called a Resident's Day, that will be used to assist in decreasing behaviours while maintaining your loved one's dignity.

It is important that we work to understand what is causing the behaviour. The more information your health care team members know the better they can develop a plan of care tailored to your loved one. We need you to participate in helping the care team by providing information about specific behaviors and what triggers the behaviour, past coping strategies that have worked and preferences that will be included in the Resident's Day.

FAST FACT

*60% of people with dementia display some form of physical or verbal aggression and 40% of people with dementia suffer with depression*

# BEHAVIOUR MANAGEMENT & PREVENTION

**HERE ARE SOME OF THE ACTIVITIES THE CARE TEAM MAY CONSIDER TO HELP MANAGE AND PREVENT BEHAVIOURS FROM OCCURRING:**

## 1 CHECK FOR PAIN AND DEPRESSION

Both can trigger anxiety or agitation. Sources include being in an uncomfortable situation, injury, reaction to medication or a urinary tract infection.

## 2 LISTEN TO THE FRUSTRATION

Frustration is often related to anxiety and this can be a clue to help find out what may be causing the behaviour. Look for other causes of anxiety or irritation such as an uncomfortable situation.

## 3 PROVIDE REASSURANCE

Speak in calming tones and phrases. This lets our resident know the team cares and is there to provide comfort and support.

## 4 INVOLVE OUR RESIDENT IN ACTIVITIES

Engaging our resident in art, music or other activities can often promote relaxation.

# BEHAVIOUR MANAGEMENT & PREVENTION

## 5 MODIFY THE ENVIRONMENT

Decreasing noise and distractions or relocating our resident can help to de-escalate behaviours.

## 6 FIND OUTLETS FOR ENERGY

Our resident may be looking for something to do. A team member might do something simple like take our resident for a walk.

## 7 WATCH FOR COMMON TRIGGERS

Watch for common triggers in the environment that can lead to behaviour:

- Noise levels
- Room temperature
- Lack of personal space
- Items not within reach
- Lack of privacy
- Isolation

Reviewed by the Park Place Family Focus Group in 2017