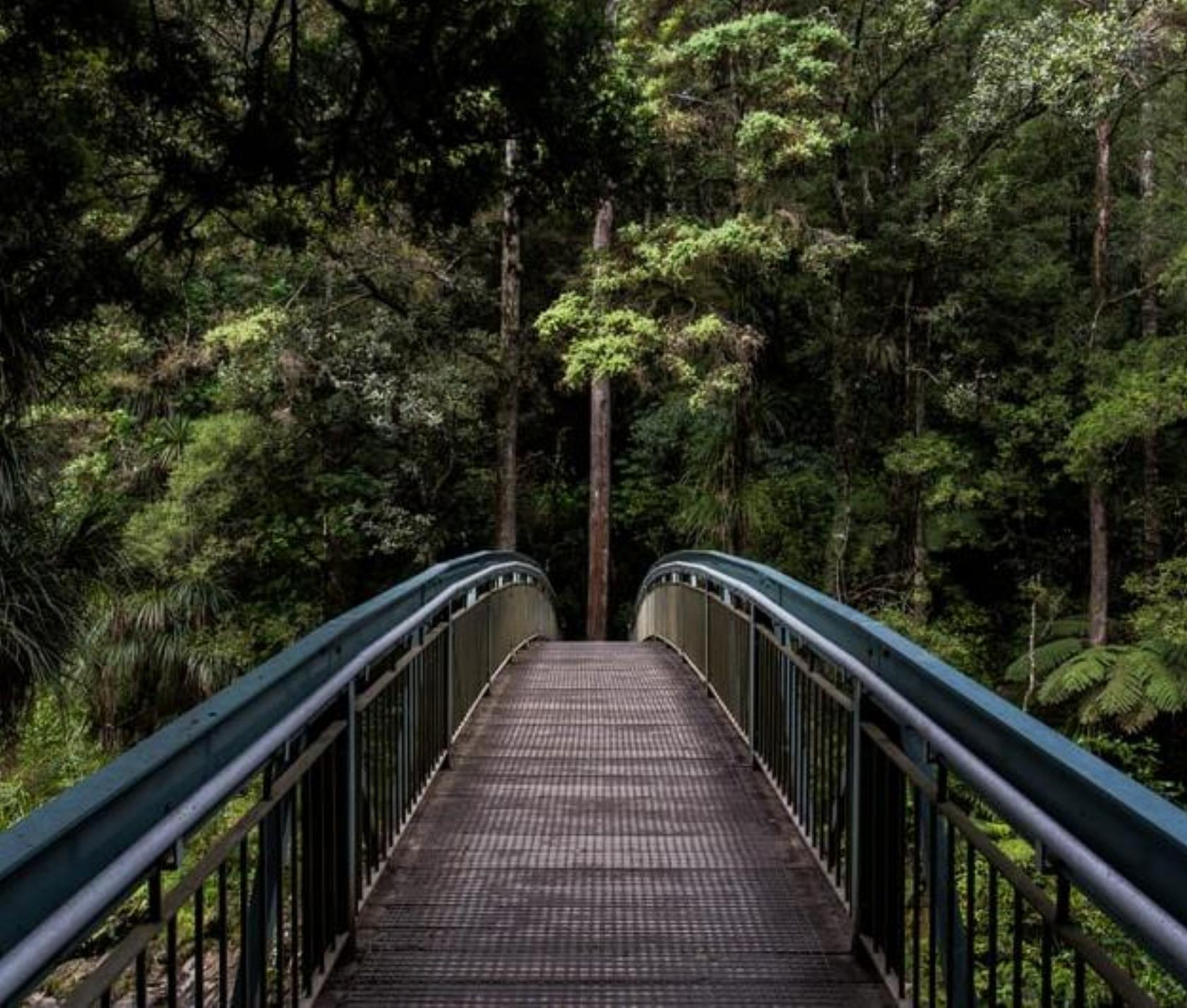




# CHALLENGING BEHAVIORS: A NEW PERSPECTIVE

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# WELCOME!

- Why is this important?
- What is a “behavior”?
- When to be concerned
- Recognizing symptoms
- Behavior is communication
- Interventions
- Insights



## WHAT IS A CHALLENGING BEHAVIOR ANYWAY?

- Needs or desires not being met
- Inability to communicate these needs or desires
- All behavior is communication!



## WHY IS THIS IMPORTANT?

- Quality of life
- Inability to communicate



## ASSESSING FOR REASONS BEHIND BEHAVIOR

- Sudden change in condition
- Depression
- Infection/UTI
- Medication adverse s/e
- Pain
- Dehydration
- Sleep
- Nutrition
- Delirium



## POWER OF LANGUAGE

- changes in behavior
- expression of need/desire
- difficulty communicating
- challenging behavior
- behaviors that challenge
- distressed behaviors
- symptoms of distress
- behavior that is out of character



# WHO OR WHAT IS BEING CHALLENGED?

- Family member or professional caregiver
- Person with dementia
- Solution/problem solving



## WE CAN'T SOLVE PROBLEMS FROM A STRESS STATE

- Brain programming
- Triggers
- Creativity
- You will find what you seek



## LEVEL OF CONCERN

- Minimal safety/risk
- Medium safety/risk
- High safety/risk



## COMMON TYPES OF CHALLENGES

- Bathing
- Driving
- Wandering
- Hoarding
- Disrobing
- Swearing
- Paranoia/suspicion
- Physical/verbal aggression



## THE NITTY GRITTY

- Know history
- Know triggers
- ABC
- Change is a threat
- Recent changes
- Sensing/feeling/AVKTO



## NOW WHAT?

- We are all unique
- Types
- Stages
- Flexibility
- Curiosity
- Therapeutic fibbing
- Validation
- Golden nuggets

# A FRESH APPROACH

- A new way of communicating
- New energy!





# THANK YOU FOR LEARNING WITH ME!

I offer Consulting, Counseling and Care Management services:

[www.eldercarecounselor.com](http://www.eldercarecounselor.com)

I co-host a dementia caregiver FB group:

**Get in the Lifeboat: An Online Resource and Community for Dementia Caregivers**

My new podcast coming soon:

**Life on Repeat: A Dementia Caregiver Podcast**



**Life on Repeat**

A Dementia Caregiver Podcast