# CONCERNED ABOUT A BEHAVIOUR THAT CHALLENGES?

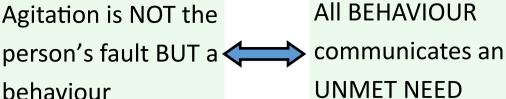
Behavioural and Psychological Symptoms of Dementia (BPSD)

90% of people with dementia experience a form of BPSD

**DEMENTIA:** Damage to the brain which can result in agitation



Agitation is NOT the behaviour







## **THINK**

What is the UNMET NEED triggering the behaviour?



# **START**

24-hr behaviour chart **ABC** chart

### Is there a

#### **PHYSICAL TRIGGER?**

- Pain/discomfort
- Dental/Joint/Headache
- Infection/delirium (e.g., urine, chest, wound)
- Blocked ears/Visual impairment
- Constipation
- Hunger
- Lack of sleep

#### Is there an

## **ENVIRONMENTAL** TRIGGER?

- Noise
- Light
- **Temperature**
- Overstimulation

#### Is there a

### **PSYCHOLOGICAL/SOCIAL TRIGGER?**

- **Emotional needs**
- Life history
- Acting in ways that are familiar to them but don't fit the current environment

## **START - Wellbeing Intervention with CHSS**

### **BENEFITS OF THIS INTERVENTION:**

potentially harmful medication



1. Reduces the use of 2. Reduces time spent dealing with residents in distress

3. Reduces residents distress, making for a more pleasant care experience

4. Making time for this will create time



## Physical Always start by addressing this then choose ONE of the following 3 interventions

PAIN: trial analgesia for 2-3 weeks

80% of people with dementia experience pain.

- **INFECTION:** antibiotics
- **CONSTIPATION:** laxatives, diet
- **HUNGER**: snacks, fortified food, monitor intake
- POOR SLEEP: history, medication, lighting

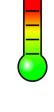
## 1. Environment





Change environment to reduced triggers. For example:

- **Reduce Noise**
- Reduce Temperature
- Remove resident to quieter area



Evidence shows that this has a good effect on reducing agitation.

## 2. Personalised

Individualised music

preference: 10 -30

#### Music

to resident's

minute session



Use this if not sure what 1:1 session of 10 is triggering agitation 30 minutes

Conversation

3. Social

**Interaction** 

Use the phrase:

"that's interesting, tell me more"





Sharing photos

Identify personal objects to help conversation



Regularly review with your CHSS nurse