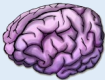


CONCERNED ABOUT A BEHAVIOUR THAT CHALLENGES?

Behavioural and Psychological Symptoms of Dementia (BPSD)

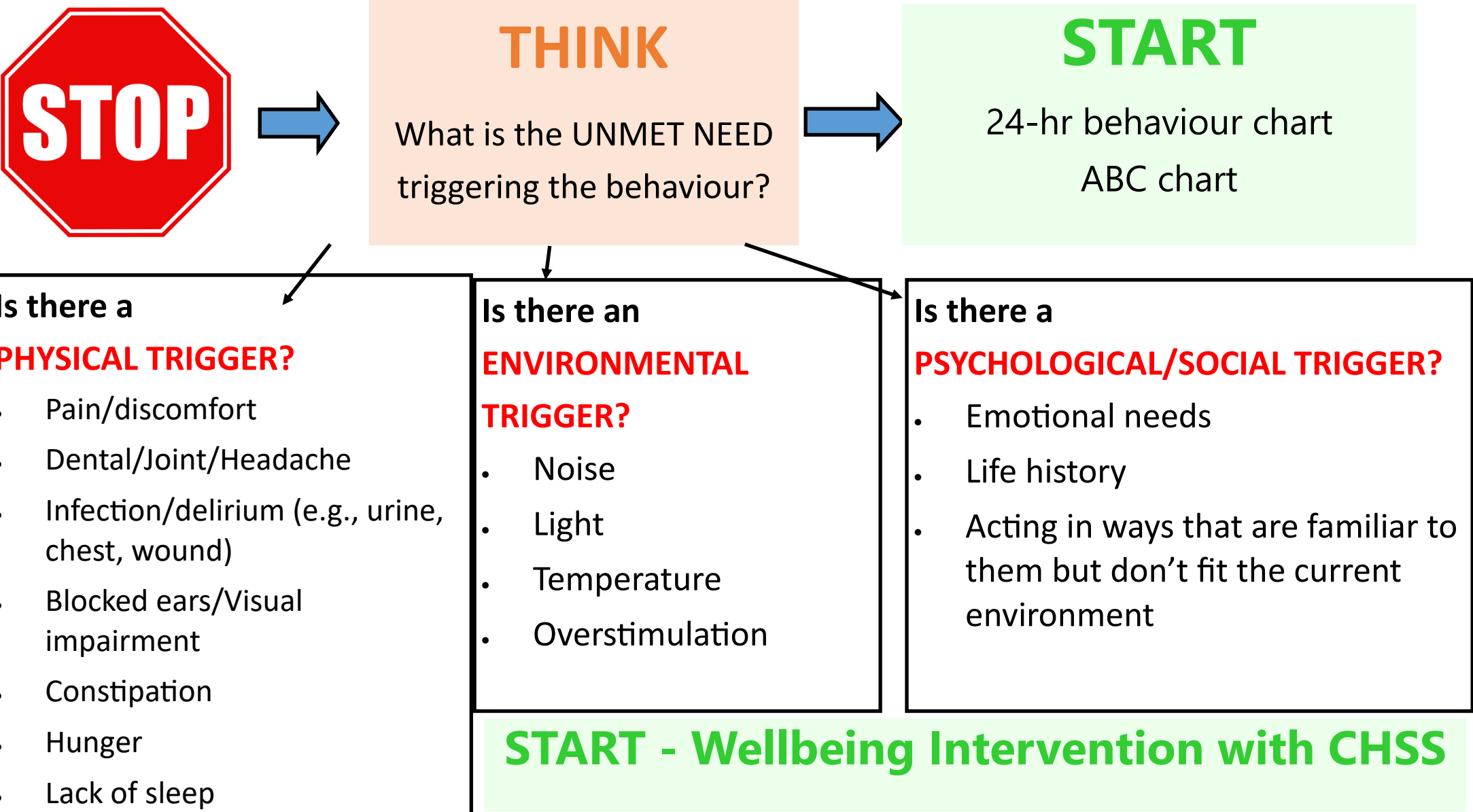
90% of people with dementia experience a form of BPSD

DEMENTIA: Damage to the brain which can result in agitation




Agitation is NOT the person's fault BUT a behaviour

All BEHAVIOUR communicates an UNMET NEED




BENEFITS OF THIS INTERVENTION:


1. Reduces the use of potentially harmful medication




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 in the long run



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



2. Personalised Music




Use this if not sure what is triggering agitation

- Individualised music to resident's preference: 10 –30 minute session

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

3. Social Interaction




- 1:1 session of 10—30 minutes
- Conversation


Use the phrase: "that's interesting, tell me more"

- Reading
- Sharing photos

Identify personal objects to help conversation



Regularly review with your CHSS nurse



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