

TAKE ACTION WORKSHEET:

Use this worksheet to record steps taken to minimize the occurrence of key behaviors.

BEHAVIOR	RESPONSE AND REMOVAL OF TRIGGERS
HALLUCINATIONS	<ul style="list-style-type: none"> <input type="checkbox"/> See the room through the person's eyes. <input type="checkbox"/> Identify and remove triggers such as open curtains, shadows and mirrors. <input type="checkbox"/> Use a night light in the bedroom. <input type="checkbox"/> Remain calm and reassuring. Do not yell or scold. <input type="checkbox"/> Help person into bed and provide reassurance. <input type="checkbox"/> Other ideas:
REFUSAL TO BATHE	<ul style="list-style-type: none"> <input type="checkbox"/> Be flexible with bath time. <input type="checkbox"/> Use terms such as "spa" if the word "bath" causes anxiety. <input type="checkbox"/> Create soothing environment in the bathroom (e.g. soothing music). <input type="checkbox"/> Install hand rails and use a shower chair for safety. <input type="checkbox"/> Limit bathing to twice a week with sponge baths in between. <input type="checkbox"/> Let the person with dementia know what you are about to do. <input type="checkbox"/> Use towel to provide privacy. <input type="checkbox"/> Install a hand-held shower head for control of aim of water stream. <input type="checkbox"/> Other ideas:
REFUSAL TO TAKE MEDICATIONS	<ul style="list-style-type: none"> <input type="checkbox"/> Pick a doctor or individual that the person with dementia wants to please. Tell him/her that this person wants him/her to take the medication. <input type="checkbox"/> Consider liquid medicine or crushing pills in food. <input type="checkbox"/> Sit down to offer medication instead of standing overhead. <input type="checkbox"/> Be patient if the person is refusing. Allow person with dementia to calm down before trying again. <input type="checkbox"/> Give most important medications first. <input type="checkbox"/> Other ideas:

REPETITIVE BEHAVIORS	<ul style="list-style-type: none"> <input type="checkbox"/> Search for what might be causing the behavior. Are basic needs being met (e.g. food, bathroom, pain)? <input type="checkbox"/> Do not respond aggressively to behavior. <input type="checkbox"/> Ignore behavior after having assessed if basic needs are being met. <input type="checkbox"/> Redirect focus away from behavior. <input type="checkbox"/> Include person with dementia in your daily routine. <input type="checkbox"/> Other ideas:
REPETITIVE QUESTIONS	<ul style="list-style-type: none"> <input type="checkbox"/> Use a dry erase board for the daily schedule; ensure writing is easy to read. <input type="checkbox"/> Wait to mention an upcoming event until it's time to get ready. <input type="checkbox"/> Be patient. <input type="checkbox"/> Be prepared ahead of time. <input type="checkbox"/> Avoid visual cues that can trigger the questioning. <input type="checkbox"/> Don't rush before appointments or events. <input type="checkbox"/> Other ideas:
SUNDOWNING	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure rooms are well-lit and free of shadows. <input type="checkbox"/> Create a calm environment free of loud noises or disruptions. <input type="checkbox"/> Be patient. <input type="checkbox"/> Distract with enjoyable activity. <input type="checkbox"/> Provide moderate exercise throughout the day. <input type="checkbox"/> Limit daytime napping. <input type="checkbox"/> Other ideas:
WANDERING	<ul style="list-style-type: none"> <input type="checkbox"/> Use a calm tone of voice and provide reassurance. <input type="checkbox"/> Distract with a pleasant activity. <input type="checkbox"/> Disguise doors. <input type="checkbox"/> Place signs on doors to discourage leaving. (e.g. STOP) <input type="checkbox"/> Ensure person is getting enough exercise. <input type="checkbox"/> Ask person if he/she needs anything. <input type="checkbox"/> Do not leave coats, hats or keys in plain sight. <input type="checkbox"/> Other ideas: