

DEMENTIA CARE Education Bites

vol. 4 "RESPONSIVE BEHAVIOURS"

Point your phone's camera at the QR codes for 5 video tips that can help you to understand the importance of taking care of yourself when caring for someone with dementia.



3 -minute video



01



PREVENT RESPONSIVE BEHAVIOURS

The behaviours that are often hard for care providers are called "responsive behaviours" - because they are responding to an unmet need or perceived threat. Sometimes we can find triggers to these feelings. If we can find triggers, and deal with them, we can often prevent the resulting behaviours.



<1-minute video



<1-minute video

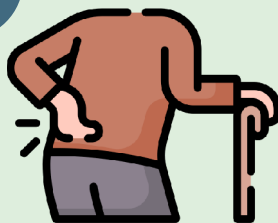
BOREDOM BUSTERS

Being bored or under stimulated is often a cause of responsive behaviours. Knowing the person, their interests, and their history are important tools to use when thinking of ways to engage them in meaningful and enjoyable activity. Sometimes using tools like a fidget blanket can provide a good option.



02

03



PAIN

People with dementia may not be able to express that they have pain and it can be the cause of responsive behaviours. Because they can not tell us, we need to look closely for signs and tell care providers if we think there might be pain that needs treatment.



<1-minute video



<1-minute video

SUBSTITUTE DON'T SUBTRACT

When "correcting" something that the person is doing - like taking away something they shouldn't have - make sure to always start with a CONNECTION - say hi, some chit chat, a compliment, a "can you help me?" - and then SUBSTITUTE the behaviour with something else - a trade, meet a need, some purpose or connection.



04