

## TAKE ACTION WORKSHEET:

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

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

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