**TAKE ACTION WORKSHEET**:

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

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| BEHAVIOR | RESPONSE AND REMOVAL OF TRIGGERS |
| **HALLUCINATIONS** | □ See the room through the person’s eyes.□ Identify and remove triggers such as open curtains, shadows and mirrors.□ Use a night light in the bedroom.□ Remain calm and reassuring. Do not yell or scold. □ Help person into bed and provide reassurance. □ Other ideas:  |
| **REFUSAL TO BATHE** | □ Be flexible with bath time. □ Use terms such as “spa” if the word “bath” causes anxiety.□ Create soothing environment in the bathroom (e.g. soothing music). □ Install hand rails and use a shower chair for safety. □ Limit bathing to twice a week with sponge baths in between. □ Let the person with dementia know what you are about to do.□ Use towel to provide privacy.□ Install a hand-held shower head for control of aim of water stream. □ Other ideas:  |
| **REFUSAL TO TAKE MEDICATIONS** | □ 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. □ Consider liquid medicine or crushing pills in food.□ Sit down to offer medication instead of standing overhead.□ Be patient if the person is refusing. Allow person with dementia to calm down before trying again. □ Give most important medications first. □ Other ideas:  |

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| **REPETITIVE BEHAVIORS** | □ Search for what might be causing the behavior. Are basic  needs being met (e.g. food, bathroom, pain)?□ Do not respond aggressively to behavior. □ Ignore behavior after having assessed if basic needs are being  met. □ Redirect focus away from behavior.□ Include person with dementia in your daily routine.□ Other ideas:  |
| **REPETITIVE QUESTIONS** | □ Use a dry erase board for the daily schedule; ensure writing is easy to read. □ Wait to mention an upcoming event until it’s time to get ready.□ Be patient.□ Be prepared ahead of time. □ Avoid visual cues that can trigger the questioning. □ Don’t rush before appointments or events. □ Other ideas:  |
| **SUNDOWNING** | □ Make sure rooms are well-lit and free of shadows. □ Create a calm environment free of loud noises or disruptions.□ Be patient.□ Distract with enjoyable activity.□ Provide moderate exercise throughout the day.□ Limit daytime napping.□ Other ideas:  |
| **WANDERING** | □ Use a calm tone of voice and provide reassurance.□ Distract with a pleasant activity.□ Disguise doors.□ Place signs on doors to discourage leaving. (e.g. STOP)□ Ensure person is getting enough exercise. □ Ask person if he/she needs anything. □ Do not leave coats, hats or keys in plain sight.□ Other ideas:  |