**TAKE ACTION WORKSHEET**:

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

|  |  |
| --- | --- |
| 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: |

|  |  |
| --- | --- |
| **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: |