

# CALM – Checklist in Assisted Living



*Controlling Agitation with less Medications (CALM) – Checklist for Older Adults with Dementia living in Assisted Living –*

Cottage staff to complete for dementia resident when they are getting agitated. This can help you address the situation hopefully before its needed.

## **Check if Done**

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## **Interventions**

Resident adequately hydrated

Resident has a full belly

Resident having regular bowel movements

Resident not in pain/address pain issues

Resident is sleeping well regularly

Resident has exposure to sunlight 20 mins a day (Front porch in Summer)

Resident has some physical activity every 1-2hrs

Sensory deficits (ex. hearing, vision) has been addressed

Check Behavior Plan (BMP) for interventions specific to the resident