

# Behavior Management Intervention & Common Causes

## BEHAVIORAL MANAGEMENT

### Example Interventions

The following is a list of sample interventions to use when helping a resident manage their inappropriate behaviors. These are suggestions, and you are encouraged to develop other interventions that may also be successful for your residents:

- Maintain the usual routine
- Take the time to listen
- Look at photo albums
- Provide a stuffed animal, pet or doll for the resident to carry
- Offer positive reassurance
- Reminisce or talk about old times
- Play music
- Change the subject or topic of conversation
- Give them magazines to look at
- Allow them to smoke
- Ask a family member to visit
- Keep a toileting schedule
- Have them do gardening
- Offer a quiet place
- Explore resources in community
- Give as needed (PRN) medications
- Have them do sewing
- Play a board game they are able to do
- Have them do puzzles
- Offer snacks or fluids
- Spend time one to one with the resident
- Provide a calming environment
- Use a calm approach
- Lower your voice volume
- Change your voice tone
- Help them make a memory box or scrapbook
- Provide a bucket of items for them to sort, etc.
- Provide tools of their former trade
- Acknowledge any sense of loss
- Encourage them to take a nap
- Allow them to pace in a safe place
- Offer a journal for them to write in, if able
- Have them fold towels
- Encourage independence, as they are able
- Read to them
- Provide a shopping area
- Provide them with paper to rip
- Have them sweep the floor
- Allow them to carry some of their own money or play money
- Offer carefully planned outings
- Maintain privacy
- Use support systems, like family, church, community or friends

# Behavior Management Intervention & Common Causes

## Common Causes of Inappropriate Behaviors

### Medical Conditions

- Pain
- Bladder infection
- Feeling thirsty or hungry
- Constipation
- Confusion
- Over medication
- Bladder or bowel incontinence
- Brain Injury
- Fatigue
- Depression
- High or low blood glucose levels
- High or low blood pressure
- Medication interaction or reaction
- History of abuse, neglect or exploitation

### Staff Interactions With Residents

- Being impatient with the resident or others
- Yelling or using a raised voice

### Impaired Communication Ability

- Feeling suspicious or worried
- Anxiety
- Confusion
- Depression
- Blindness
- Dementia
- Hearing impaired

### Environmental Factors

- Too hot or too cold
- Noise or commotion in the facility
- Unfamiliar environment
- A resident who needs extra care
- Turn over of staff
- Not enough staff
- Staff tired or overwhelmed

### Boredom

- Decrease in resident's usual activity
- Not having someone to talk with
- The resident is not able to do the activity

### Grief and Loss

- Loss of a sense of control
- Loss of privacy
- A loved one recently passing away
- Having to move away from a loved one
- Having to move away from their private home

### Fear or Anger

- New situation
- New surroundings
- New staff
- About growing older
- Being sick