

Triggers to Behaviors

<p style="text-align: center;"><u>EMOTIONAL TRIGGERS</u></p> <p>One of the most powerful triggers to behavior, these should be considered as PRIMARY CAUSES of negative behavior.</p> <ul style="list-style-type: none"> • FEAR • Being or Feeling threatened • Anxiousness • Over stimulation • Under stimulation-BOREDOM • Frustration • Desire to feel SPECIAL • Sadness, Loss • Loneliness • Anger • Desire for Sexual Expression 	<p style="text-align: center;"><u>COMMUNICATION OF AN UNMET NEED</u></p> <p>When one of the following BASIC HUMAN NEEDS are not being met, research shows there is a direct relationship with increased negative behaviors.</p> <p style="text-align: center;">BASIC HUMAN NEEDS</p> <ul style="list-style-type: none"> • To be LOVED and NEEDED • COMPANIONSHIP • To be USEFUL and HELPFUL • RECOGNIZED for POSITIVE Things
<p style="text-align: center;"><u>COMMUNICATION in RESPONSE TO SOMETHING REAL or PERCEIVED</u></p> <p style="text-align: center;">Their PERCEPTION IS their REALITY!</p>	<p style="text-align: center;"><u>PHYSICAL TRIGGERS</u></p> <p>The PHYSICAL HEALTH of a Person With Dementia can often be a trigger to behavior.</p> <ul style="list-style-type: none"> • PAIN • Onset of Infections-UTI, URI • Constipation, Dehydration, Malnutrition • Effects of Medication • Sleep Disturbances and FATIGUE • Skin Irritations • Dental problems • Hunger • Thirst • Needing to be TOILETED or changed.
<p style="text-align: center;"><u>ENVIRONMENTAL TRIGGERS</u></p> <p>Providing a CALM, SERENE environment can help to decrease confusion and disorientation for residents.</p> <ul style="list-style-type: none"> • NOISE • Visual Overstimulation • Unfamiliar or Un-homelike surroundings • Temperature-too hot/cold • Crowded/Cluttered • Inappropriate lighting • Too much unstructured time 	<p style="text-align: center;"><u>PEOPLE AS TRIGGERS</u></p> <p>95% of behaviors are triggered by people, like other residents, family, caregivers, visitors, or medical professionals.</p> <ul style="list-style-type: none"> • Not using the Positive Approach • Not using Proper Communication Techniques • Not giving Simple Directions • Not using appropriate Cueing and Demonstration • Not treating them as Adults • Not using Validation Techniques