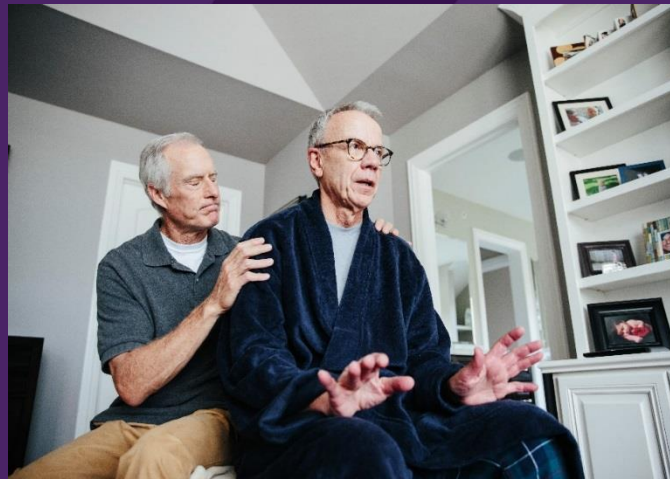


Module 8A

Behavior as Communication: Understanding and Responding



alzheimer's  association®

What if you saw this?



**What if this was the
reason?**



What You'll Learn

- Recognize behavior as a form of communication
- Recognize dementia-related behaviors are not random
- Identify internal and external triggers
- Describe how the Habilitation Therapy domains provide solutions to dementia-related behaviors

Some Common Dementia-Related Behaviors

- Agitation
- Anxiety
- Irritability
- Depression
- Apathy
- Irregular motor behavior
- Disinhibition
- Delusions
- Hallucinations
- Sleep changes
- Appetite changes



What Is the Cause?

The Behavior

She is rummaging in the closet...

He urinates behind the potted plant...

She is talking and no one is there...

He wanders around ...

She does not want to shower...

Cause or Trigger

...because she is looking for her purse

...because he urgently needs to use the bathroom

...because of hallucinations

...because he has nothing to do

...because the bathroom is too cold for her

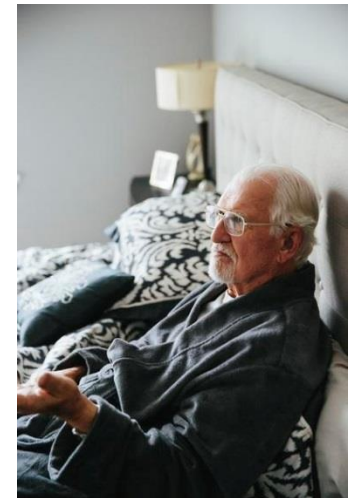
Triggers

INTERNAL: Something happening in the mind or body of the person:

- He is hungry
- She has a headache

EXTERNAL: Something that is happening around or to the person:

- Room is too hot
- Nothing to do
- She is being pulled



Internal or External Triggers?

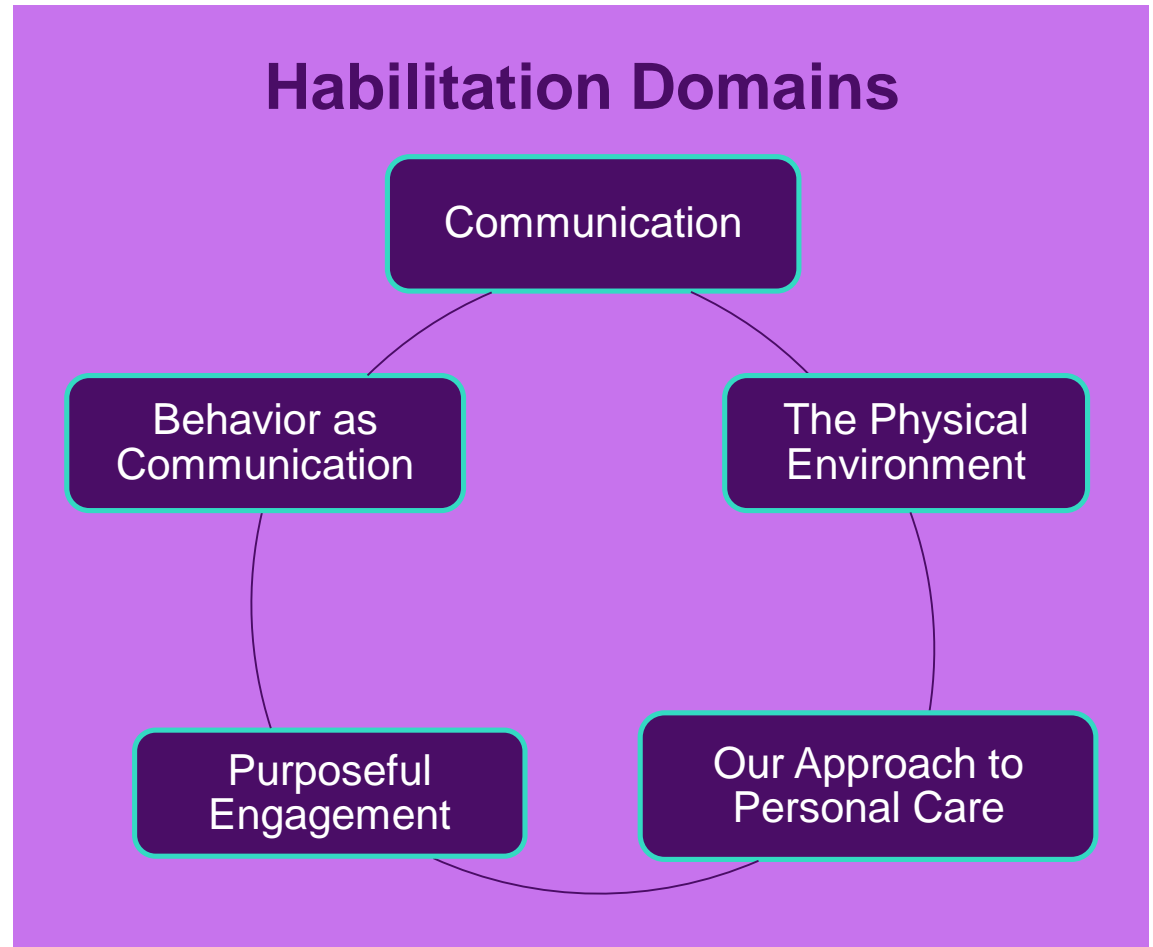
The Behavior

- She is rummaging in the closet...
- He urinates behind the potted plant...
- She is talking and no one is there...
- He wanders around ...
- She does not want to shower...

Cause or Trigger

- ...because she is looking for her purse I
- ...because he urgently needs to use the bathroom I
- ...because of hallucinations I
- ...because he has nothing to do E
- ...because the bathroom is too cold for her E

Looking for Triggers and Solutions



What Did We Talk About Today?

Let's Review...

Some Common Dementia-Related Behaviors

- Agitation
- Anxiety
- Irritability
- Depression
- Apathy
- Irregular motor behavior
- Disinhibition
- Delusions
- Hallucinations
- Sleep changes
- Appetite changes



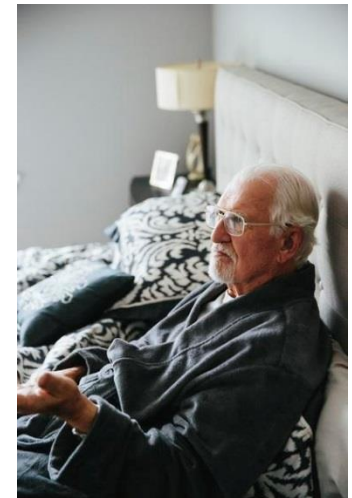
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Habilitation Helps Us Find Solutions

We can find answers to challenging behaviors through the other domains of Habilitation:

- Should we change our communication?
- Should we make a change in their environment?
- Should we change our approach to personal care?
- Should we offer more activity and purposeful engagement?

Let's See What You've Learned

**Test 8A: Behavior as Communication: Understanding
and Responding**