

Behavior Interventions

Disease/ Symptoms	Interventions
Dementia	<ul style="list-style-type: none"> • Speak slowly and calmly • Simple and positive commands, Use gestures • Gentle touch • Approach patient from front • Concealed exits • Exercise, games, singing • Music, white noise, plants, animals, massage, aromatherapy
Paranoia / Hallucinations	<ul style="list-style-type: none"> • Avoid confrontation, validate their experiences • Re-assurance and distraction • Anticipate safety issues (conceal harmful objects)
Anxiety / Fear	<ul style="list-style-type: none"> • Place resident at a busy/high-traffic area • Scheduled events/individualized tasks/checks
Sleep Issues	<ul style="list-style-type: none"> • Wake up same time of the day • Keep occupied/awake in the day • Hallway/bathroom lights
Depression	<ul style="list-style-type: none"> • Provide Physical and mental activities • Increase socialization
PBA (Pseudobulbar Affect) Inappropriate uncontrollable laughing / crying/outbursts	<ul style="list-style-type: none"> • Calmly speak to the resident and ask if upset if experiencing uncontrollable crying or laughing • Encourage resident to take slow, deep breaths and try to relax until the episode passes. Have the resident change body position (standing when previously sitting down and vice versa) may also help them to cope with such attacks. • Ignore the uncontrolled outbursts of inappropriate behavior • Identify what the resident would like you to provide the resident when this happens – Remove from the situation, provide privacy, ignore it etc.