



WORKSHEET

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DESCRIBE

- Caregiver **describes** problematic behavior
 - Context (who, what, when and where)
 - Social and physical environment
 - Perspective of the person with dementia
 - Degree of distress to person with dementia and caregiver

INVESTIGATE

- Provider **investigates** possible causes of problem behavior
 - Person with dementia
 - Medication side effects
 - Pain
 - Functional limitations
 - Medical conditions
 - Psychiatric comorbidity
 - Severity of cognitive impairment, executive dysfunction
 - Poor sleep hygiene
 - Sensory changes
 - Fear, sense of loss of control, boredom
 - Caregiver effects/expectations
 - Social and physical environment
 - Cultural factors

CREATE

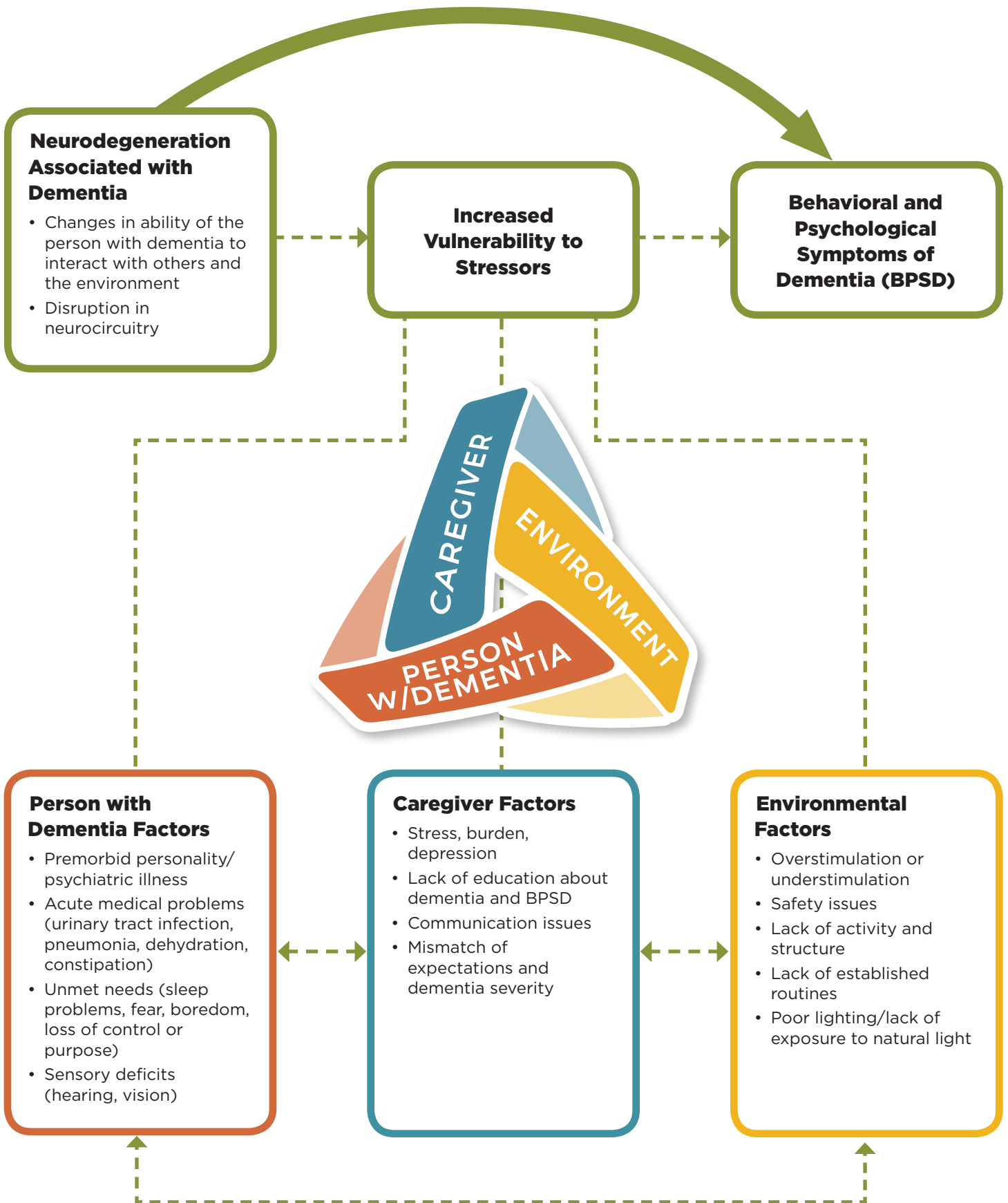
- Provider, caregiver and team collaborate to **create** and implement treatment plan
 - Respond to physical problems
 - Strategize behavioral interventions
 - Providing caregiver education and support
 - Enhancing communication with the person with dementia
 - Creating meaningful activities for the person with dementia
 - Simplifying tasks
 - Ensuring the environment is safe
 - Increasing or decreasing stimulation in the environment

EVALUATE

- **Evaluate** whether “CREATE” interventions have been implemented by caregiver and are safe and effective

Consideration of Psychotropic Use (Acuity/Safety)

FACTORS ASSOCIATED WITH BPSD



DESCRIBE

Person With Dementia (PWD) Considerations	Caregiver Considerations	Environmental Considerations
What behavior did the PWD exhibit?	How much distress did the behavior generate for the caregiver?	Who was there when the behavior occurred?
How did the PWD perceive what occurred?	Does the caregiver feel their safety is threatened by the behavior?	When did this behavior occur and how did this relate to other events (e.g. while bathing or mealtime)?
How did the PWD feel about it?	What about the behavior is distressing to the caregiver?	Where did the behavior occur (e.g. home, daycare, restaurant)?
Is the PWD's safety at risk?	What did the caregiver do during and after the behavior occurred?	What happened before and after the behavior?

INVESTIGATE

Person With Dementia (PWD) Considerations	Caregiver Considerations	Environmental Considerations
<p>Could the behavior be caused by or contributed to by:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Recent change in medications? <input type="checkbox"/> Untreated or undertreated pain? <input type="checkbox"/> Limitations in functional abilities? <input type="checkbox"/> Medical conditions (e.g. infection)? <input type="checkbox"/> Underlying psychiatric comorbidity? <input type="checkbox"/> Severity of cognitive impairment? <input type="checkbox"/> Poor sleep hygiene? <input type="checkbox"/> Sensory changes (vision, hearing)? <input type="checkbox"/> Fear, loss of control, boredom? 	<p>Could the behavior be caused by or contributed to by:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Caregiver’s lack of understanding of dementia (e.g. PWD is “doing this to them on purpose”)? <input type="checkbox"/> Caregiver’s negative communication style? <input type="checkbox"/> Caregiver’s expectations of the person? <input type="checkbox"/> Caregiver’s own stress or depression? <input type="checkbox"/> Family/cultural context? 	<p>Could the behavior be caused by or contributed to by:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Over or under-stimulating environment? <input type="checkbox"/> Difficulty navigating or finding way? <input type="checkbox"/> Lack of comforting and predictable daily routines? <input type="checkbox"/> Lack of pleasurable activities tapping into preserved capabilities and previous interests?

CREATE

Person With Dementia (PWD) Considerations	Caregiver Considerations	Environmental Considerations
<p>Respond to physical problems:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Discontinue medications causing behavioral side effects if possible <input type="checkbox"/> Manage pain <input type="checkbox"/> Treat infections, dehydration, constipation <input type="checkbox"/> Optimize regimen for underlying psychiatric conditions <input type="checkbox"/> Sleep hygiene measures <input type="checkbox"/> Deal with sensory impairments 	<p>Care team works collaboratively to institute nonpharmacologic interventions including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Provide caregiver education and support <input type="checkbox"/> Enhance communication with PWD <input type="checkbox"/> Create meaningful activities <input type="checkbox"/> Simplify tasks 	<p>Care team works collaboratively to institute nonpharmacologic interventions including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensuring the environment is safe <input type="checkbox"/> Simplify or enhance the environment

EVALUATE

Person With Dementia (PWD) Considerations	Caregiver Considerations	Environmental Considerations
<p>Has the intervention been effective for the problem behavior?</p>	<p>Which interventions were implemented?</p>	<p>What changes in the environment have been made?</p>
<p>Have there been any unintended consequences or “side effects”?</p>	<p>If no interventions were implemented, why?</p>	

CREATIVE ACTIVITIES

for Caregivers to do with the person living with dementia

1. Fill a favorite purse or pocketbook with items (keys, beads, pictures, tissue, etc.)
2. Match colors with paint swatches
3. Clean with a feather duster
4. Sort nuts and bolts
5. Polish the silver
6. Cut coupons and arrange in categories
7. Find a stuffed animal that breathes or snores
8. Fill and arrange jewelry in a box
9. Fill and arrange fishing items in a tackle box
10. Cuddle a doll or stuffed animal
11. Fill small storage containers with items
12. Decorate cookies or a cake
13. Fold napkins
14. Read some prayers, use a rosary
15. Make a birthday card; holiday card
16. Play a favorite tune to sing and dance to
17. Plant some flowers or vegetables
18. Create a memory box with favorite items
19. Play a game (cards, Yahtzee, etc.)
20. Write a letter
21. Sort papers
22. Arrange some flowers in a vase
23. Watch a movie—add a themed activity
24. Carve a pumpkin
25. Sort buttons; sew a button
26. Sort a deck of cards (colors, suits)
27. Make a painting
28. Offer a hand massage, use lotion with aromatherapy; lavender, lemon balm
29. Pet therapy—brush, walk a dog
30. Start a fish tank
31. Go bird watching; use binoculars
32. Work on a puzzle together
33. Sort coins
34. Do some knitting
35. Look through favorite books
36. Search maps and share travel memories
37. Watch family videos/look at pictures
38. Color some adult coloring books
39. Play with dominos
40. Celebrate National ____ day!
41. Do origami
42. Make a bracelet or necklace
43. Collect some shells and name them
44. Play with an erector set
45. Create a pizza
46. Take a bubble bath
47. Play a game of marbles
48. Try a new hair do
49. Have a drum party
50. Take a trip to the zoo
51. Take a trip to the museum
52. Picnic at the beach
53. Build a fairy garden
54. Trim a Bonsai tree
55. Sing some favorite songs
56. Play with some musical instruments
57. Roast some marshmallows
58. Have a tea party
59. Make a collage or poster
60. Tie-dye a pillowcase or t-shirt
61. Build an activity board
62. Decorate for a holiday
63. Build a gingerbread house
64. Write a poem together
65. Wrap presents—color your own wrapping paper
66. Do a science experiment
67. Make a scrapbook page
68. Collect and sort stamps
69. Cut out newspaper headlines and create a story
70. Have a “spa day” at home
71. Build a model car/plane
72. Bake some goodies
73. Write/organize recipe cards
74. Play/build with PVC pipes
75. Set up a toy train
76. Make things with clay (beads, animals, bowls)
77. Watch a Planet Earth special
78. Make paper airplanes
79. Talk about favorite events
80. Feed some birds
81. Go for a nature walk
82. Braid string or rope; tie some knots
83. Go for a drive
84. Fold laundry
85. Build with Legos
86. Decorate and paint a bird house
87. Make stepping stones
88. Create some wood boxes; use sandpaper
89. Arrange stones in a small Zen garden
90. Play balloon volleyball
91. Play table tennis
92. Try origami
93. Do some simple sewing
94. Make a photo album
95. Fill a toolbox with interesting items
96. Shine shoes