

Identifying possible causes of distress for people living with dementia



- Have you considered the possible causes of any distressed behaviours?*
- Have you commenced an ABC chart to identify any triggers to distressed behaviours or any interventions that reduce distress?*

- A** What was happening before the person became distressed?
(Antecedent)
- B** What is the behaviour of concern?
(Behaviour)
- C** What did you do and what happened as a result?*



* Scan this QR code for further information on the areas indicated

Some things to consider*:



Does the person have difficulties communicating – Do they need to wear glasses or have an eye test?



Can they hear you properly? Do they wear a hearing aid? Have the batteries been changed? Do they need a hearing test?



Are they frustrated? Could they be trying to find the toilet for example?*



Does the persons behaviour change when they see family or another resident?



Could they be sad, anxious or depressed?, Are they missing family and friends? Are they bored? Do they need stimulation or increased activity?*

Could this be symptom of delirium?*

P I N C H M E

- P**AIN – Could the person be in pain?- Do they have known painful conditions, has their mobility changed? Have you considered using the Abbey Pain Tool?*
- I**NFECTION – Could the person have developed an infection? Consider all routes of infection not just urinary tract infections e.g., Chest infection, cellulitis
- N**UTRITION – Could the person be hungry? Do they have any swallowing difficulties? Has their taste changed? Are they missing meals? Are there dental issues (including pain)?
- C**ONSTIPATION – Could the person be constipated?
- H**YDRATION – Is the person thirsty? Do they have issues with continence?*
- M**EDICATION – Could the person be experiencing side effects from prescribed medication? Is the person at end of life? Do they need anticipatory medication?*
- E**NVIRONMENT – Is the environment too noisy or too hot?