Responsive Behaviours:

Does it really matter ?
Is it that important ?
Who's problem is it ?

EILEEN O' KEEFFE CNM2
ST. LUKES HOME.
APRIL 2016.

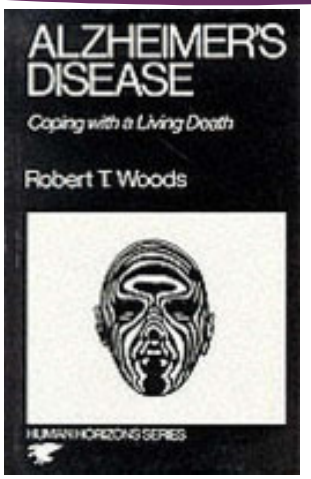
Overview

2

- Changing views of dementia and responsive behaviours.
- What are responsive behaviours?
- Staff attitudes to responsive behaviours.
- Most common responsive behaviours.
- Unmet needs and challenges for people with living with dementia.
- How we respond.
- Are they really a problem in many cases?
- Removing labels and judgement.

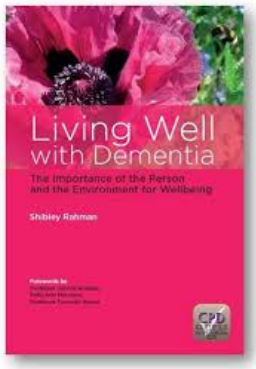
3

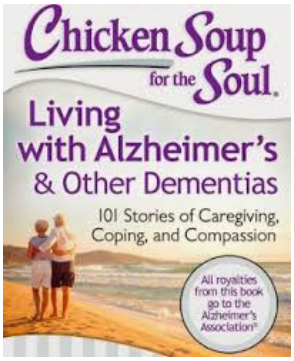
20 years ago…

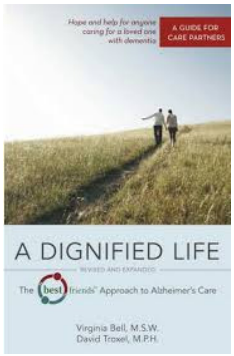


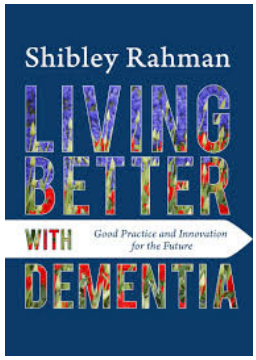
4

Today…









5

Change of language

- Challenging behaviours.
- Needs driven behaviours.
- Responsive behaviours.
- Behavioural and Psychological Symptoms of Dementia (BPSD).
- Behaviours of concern.

6

What are responsive behaviours?

- Responsive behaviours is a term that is used to describe the problem behaviours of people with dementia, such as agitation, wandering or depression.
- It shows how the actions, words and gestures of people with dementia are a response to their current environment and are often unpredictable.

(Shifting focus)

Staff attitudes to responsive behaviours.

7

- The incidence of behavioural and psychological symptoms of dementia (BPSD) in nursing home residents has been cited as 78%. (van der Linde et al 2012)
- Backhouse et al (2014) reported that aggression was the most difficult behaviour to manage.

8

- A study of 21 nursing homes and 247 staff asked staff to identify the behaviours they encounter when caring for people with dementia.
- <u>Most common behaviours</u>
  - Shouting 98%
  - Wandering 98%
  - Restlessness 96%
- <u>Least common behaviours</u>
  - Dangerous behaviour 36%
  - Inappropriate sexual behaviour 49%
  - Self-harm 66%

(Koder 2014)

Most common Behavioural and Psychological Symptoms in people with dementia.

9

- Aggression.
- Agitation.
- Anxiety.
- Apathy.
- Depression.
- Disinhibited behaviours.(Social / Sexual)
- Nocturnal disruption.
- Psychotic symptoms.(Delusions and Hallucinations)
- Vocally disruptive behaviour.
- Wandering.

(DBMAS 2012)

Unmet needs.

10

- What needs are not being met?
  - Physical
  - Social
  - Environmental
  - Psychological
- Is the person trying to communicate?
- Coping with the challenge of community living.

11

BANGS Approach

- "B" is for breathe.
- "A" is for assess, accept, and agree.
- "N" is for never, never argue.
- "G" is for go with *their* flow, let go of your ego, get over it, get on with it, get down to it.
- "S" is for say you're sorry (again, again, and again!)

(Teepa Snow)

13

How would you react if?

- You are in bed asleep and a stranger comes into your room and pulls back the bedclothes .
- While sitting out in the garden a lady starts shouting at you and is trying to take your bag ,she thinks its hers.
- You hear somebody whispering outside your room tonight but you have no phone to call for help.
- A man walks over to your table in a Restaurant and picks up your desert and starts eating it.
- Take the TESCO Test.

14

Remembering the needs of the person with dementia.

- Is the behaviour unreasonable or even a problem?
- Are we placing unrealistic expectations on people with dementia?
- Is it just embarrassing, uncomfortable or disruptive?

- Avoid correcting or unintentionally escalating situations.
- Accept their reality.
- Only intervene if there is a risk to person with dementia or others.
- Enable people with dementia to make choices.
- Acknowledge and validation their feelings.
- Avoid labelling and judging.

15

Far more important than the environmental factors are the people who care for the people with dementia. The quality of our life depends on the quality of our care… Carers need to be non-judgemental and observant, looking for ways to connect with the people in their care. They should try to respond, not react.

16

How you relate to us has a big impact…….

You restore our personhood, and give us a sense of being needed and valued. Give us reassurance, hugs, support, a meaning in life. Value us for what we can still do and be, and make sure we retain social networks.
We're still here, in emotion and spirit, if only you could find us.

Christine Bryden

Thank you !

17

References and Resources.

- Koder D. (2014) *Staff's views on managing symptoms of dementia in nursing home residents* Nursing older people December 2014 | Volume 26 | Number 10 pg 31 to 36.
- *Shifting focus: a guide to understanding dementia behaviour* .Alzheimers Society Ontario www.shiftingfocus.ca
- Sunnybrook Health services centre veterans centre…responding to behaviours due to dementia using Achieving best life experiences (ABLE) Care Planning Guide 2010.
- Bryden C.(2015) Before I forget. Penguin group (Australia)
- DBMAS (2012)Behaviour Management :A Guide to Good Practice. Managing Behavioural and Psychological Symptoms of Dementia (BPSD)