



Target Behavioral Communication: _____

Date(s) Revised: _____

Tips

- 1. Try not to take behaviors personally.
- 2. Remain patient and calm.
- 3. Explore pain as a trigger.
- 4. Accept behaviors as a reality of the disease and try to work through it.
- 5. When you have met one person with dementia, you have met one person with dementia!
- 6. Reasoning, explanation, and social norms may no longer be understood. We need to meet them where they are. Trying to bring them into your reality will not be effective.
- 7. What works today may not work tomorrow.
- 8. All behavior is a form of communication. What is the person trying to tell you when they display a behavior?

Ineffective Approaches (Score of severity and/or frequency did not change or went up. These are strategies not to use)

- 1. _____

- 2. _____

- 3. _____



Effective Approaches (Score of severity and/or frequency went down. These are strategies to use)

1. _____

2. _____

3. _____

4. _____

5. _____

**Fillable version available at <https://www.inclusa.org/providers/resources/dementia-care-resources/>
We encourage keeping this document easily accessible by caregivers