Name:

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/*](https://www.inclusa.org/providers/resources/dementia-care-resources/)

*\*We encourage keeping this document easily accessible by caregivers*