

Are “Unwanted Behaviors” Really Signals of Distress?

A Change in Perspective



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Introductions




Jill's House

Relationship Based Intergenerational Community

Assisted Living
Pre-School
Day Visitor Program






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Are “Unwanted Behaviors” Really Signals of Distress?

THEORY

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Words Make Worlds



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Words Make Worlds

How do these words make you feel?

- Sandy Beach
- Dark Alley
- Sunshine
- Wind and Sleet
- Wet Shoes
- Warm Blanket
- Unwanted Behavior
- Signal Of Distress



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A change in perspective

Caregiver's needs	Care receiver's needs
Caregiver's "Way it should be."	Care receiver's "Way it should be."

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A change in Perspective

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- o Being right
- o Being successful



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A change in Perspective

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Care Partner Living with Dementia

- o Behaviors communicate needs and emotions...reaching out.
- o Unwanted behaviors communicate unmet needs.

Care Partner Providing Support

- o Behaviors communicate needs and emotions....reaching out.
- o Unwanted behaviors communicate unmet needs.
- o Your behaviors communicate your feelings.
- o Be careful about what your behaviors are saying.

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Root Cause

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- o To create sustainable change, we must discover the root cause and address that.



Why is Bessie REALLY trying to get out the door?



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Root Cause

- o Pain?
- o Discomfort?
- o Illness?
- o Fatigue?
- o Environmental overload?
- o Psychological Distress?

- o **Loneliness,**
 - o **Helplessness,**
 - o **and Boredom**



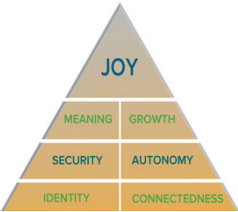
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Eden Domains of Well-Being



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Identity:
(Is my story known and understood by my care partners?)

Connectedness:
(Do I know my care partners? Do I feel like I belong in my living space?)

Security:
(Do I feel safe in my surroundings and do I trust those who provide my care?)

Autonomy:
(Do I have opportunities to make choices throughout my day?)

Meaning:
(Are the daily activities meaningful to me: Are my self-esteem and ability to care for others supported?)

Growth:
(Do I have opportunities to experience life in all its variety and engage creatively with the world?)

Joy:
(Is life celebrated with me? Am I loved?)

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Root Cause

Specific Instance

- o Psychosocial Causes



Generalized Distress

- o Resilience: the capacity to recover quickly from difficulties; toughness.
- o A full cup of well being supports resiliency.
- o An empty cup of well being does not.

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PERSONAL EXPERIENCES

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Know Me.....

A Change in Perspective

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- The Lying with the Dogs Story
- The Wandering in the Middle of the Night Story
- The Kitchen Organizing Story

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Why Person Centered Matters
(Knowing Each Person Well)

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CARE STUDY

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Together we can make a difference!



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