

Responsive Behavior Reduction Formula

Use the below steps when exploring the cause of a responsive behavior in persons with dementia

- 1. Is there a physical cause or contributor? (Pain is a common trigger.)**
- 2. Is there an optimal level of stimulation being provided for the person with dementia? (Under-stimulation can lead to attention seeking behaviors. Over-stimulation can lead to fight or flight behaviors.)**
- 3. Whose problem is it? (Align communication with a person's abilities. For example, family can wear a nametag instead of quizzing one's name.)**
- 4. Are there key environmental factors (physical and/or social) involved? (Have there been changes to the environment? Does the environment support independence, i.e., personalized door entry. Is the person given a choice or are they challenged (asking would you vs. can you?)?)**
- 5. Can new learning help reduce or eliminate the responsive behavior?**