

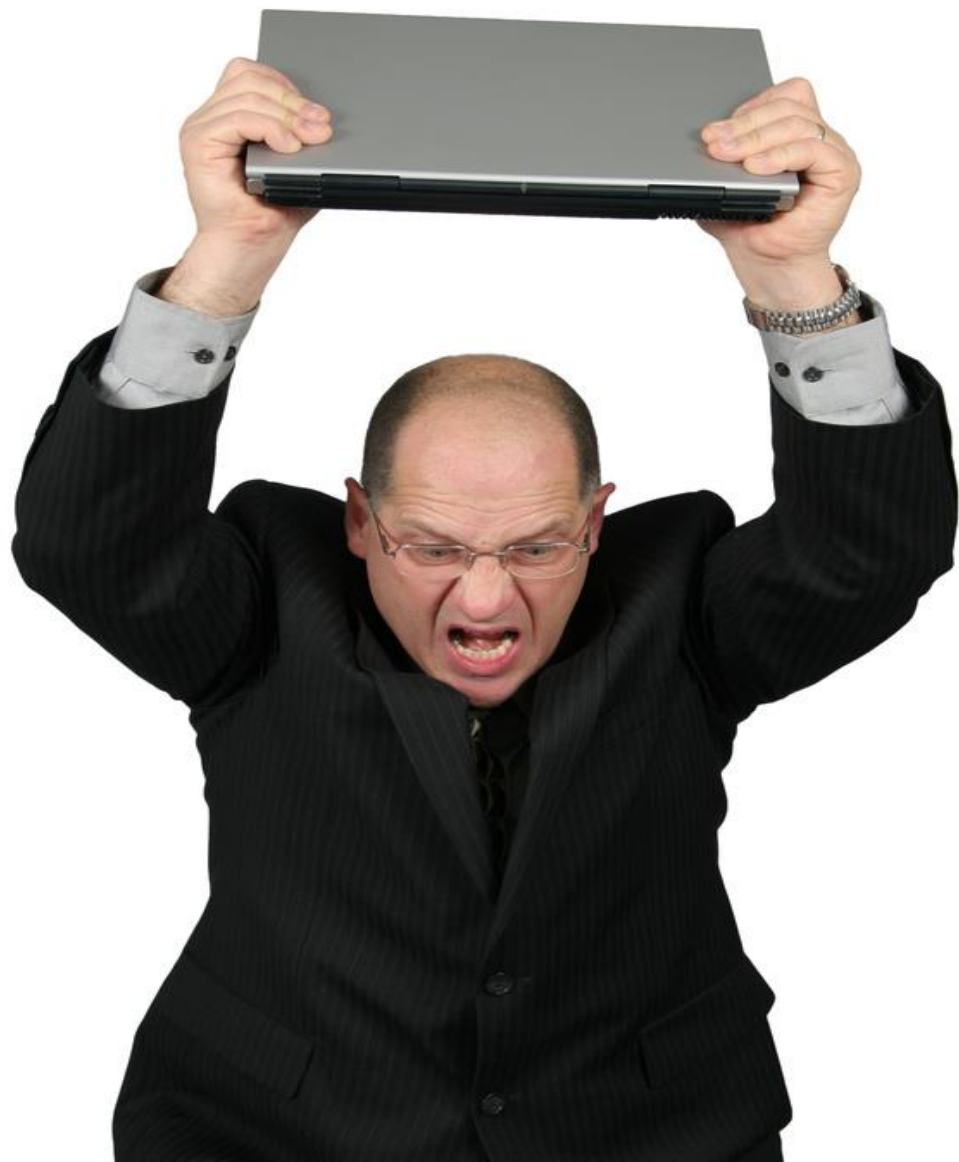
# Module 8:

## Behavior as Communication: Understanding and Responding

### Section A



**What if you  
saw this?**



**What if this  
was the  
reason?**



# What You'll Learn

- Recognize behavior as communication
- Recognize the behavior of a person with dementia is not random and has a cause
- Identify an internal and external trigger
- Recognize that the Habilitation domains provide us solutions to challenging behaviors

# Common Challenging Behaviors

- Rummaging or searching
- Hiding or losing things
- Pacing or wandering
- Repeated questions
- Resisting or refusing care
- Hallucinations, Paranoia, Delusions
- Sundowning

# What is the behavior? What could be the cause?

## The Behavior

## Cause or Trigger

- She is rummaging in the closet...  
...because she is looking for her purse
- He urinates behind the potted plant...  
...because he urgently needs to use the bathroom
- She is talking and no one is there...  
...because of hallucinations
- He wanders around and around...  
...because he has nothing to do
- She refuses a shower...  
...because the bathroom is too cold for her

# Triggers

**INTERNAL:** Something happening in the mind or body of the person:

- He is hungry
- She has a headache

**EXTERNAL:** Something that is happening around them or to them

- Room is too hot
- Nothing to do
- She is being pulled

# Internal or External Trigger?

## The Behavior

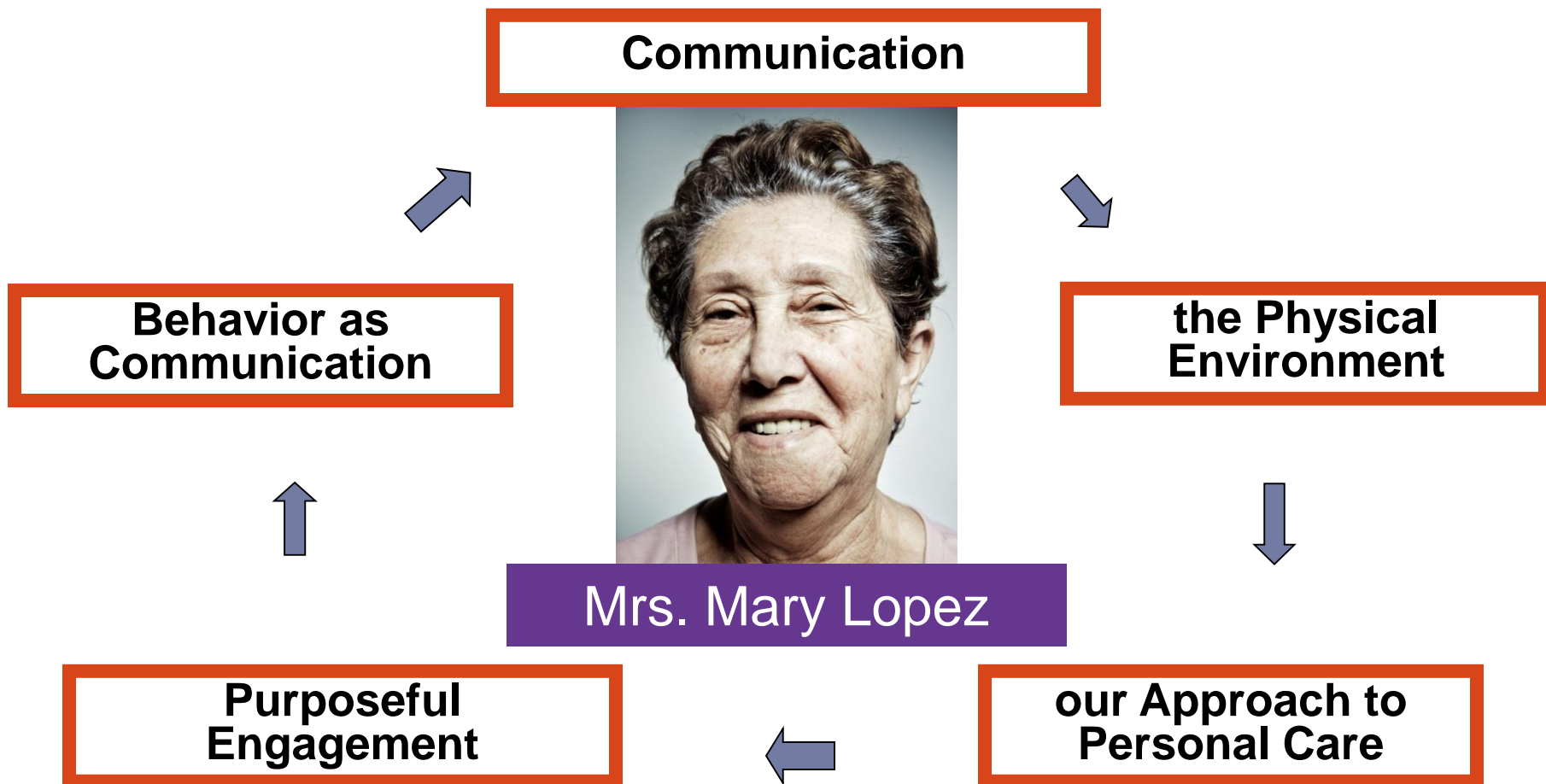
- She is rummaging in the closet...
- He urinates behind the potted plant...
- She is talking and no one is there...
- He wanders around and around...
- She refuses a shower...

## Cause or Trigger

- ...because she is looking for her purse **I**
- ...because he urgently needs to use the bathroom **I**
- ...because of hallucinations **I**
- ...because he has nothing to do **E**
- ...because the bathroom is too cold for her **E**



# Habilitation Therapy



**When does a behavior  
challenge become a  
“problem behavior”?**

**What did we  
talk about today?**

Let's review...

# Understand Behavior as Communication

The behavior of a  
person with dementia:

- Is not random
- Has a cause
- Tells us something
- Communicates something



# Triggers

**INTERNAL:** Something happening in the mind or body of the person:

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**EXTERNAL:** Something that is happening around them or to them

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# Habilitation Helps Us Find Solutions

We can find answers to challenging behaviors through the other domains of Habilitation:

- Should we change our communication?
- Should we make a change in their environment ?
- Should we change our approach to personal care?
- Should we offer more activity and purposeful engagement?

# Let's see what you've learned

Behavior as Communication  
Understanding and  
Responding: Test A