Aggression in Residential Aged Care (RAC)

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Spiritus
Impact of behavioural and psychological symptoms of dementia (BPSD)

Person living with dementia

- Injury
- Mental suffering
- Hospitalisation
- Restraint
- Increased cognitive decline

Caregiver/Family

- Injury
- Chronic mental stress
- Depression
- Elder abuse
- Increased sick leave
- Reduced job satisfaction
Models to explain BPSD

1. Direct Impact of Dementia
2. Need-driven Dementia-compromised Behaviour (Unmet Needs)
3. Behavioural (ABC Model)
4. Environmental Vulnerability
Behaviour

• Is unique to each person
• Demonstrated verbally and non-verbally
• Is in response to internal and/or external stimuli
• No two people with dementia will have the same behaviour for the same reason
Asking Why?
We need to...

- Understand the person
- Define and describe the behaviour
- Identify the need which is driving the behaviour
- Try to remove/minimise the trigger that starts the behaviour
Triggers

- Biological environment
- Emotional and social environment
- Physical environment
- Human environment
- Task
The person

- Type of dementia
- Fatigue
- Pain
- Infection
- Medications

- Sensory loss
- Constipation
- Hunger
- Delirium
- Depression
Who the person is

- Life history
- Attitudes
- Values
- Habits
- Emotions

- Personality
- Culture
- Religion
- Grief & loss
- Boredom
Where they live

- Noise
- Light
- Temperature
- Space
- Clutter
- Colour
- Smell
- Does it all look the same
- Too institutionalised
Us

- Care practices
- Carers attitude
- Carers behaviour

- Relationships
- Staffing levels
- Rules and regulations
- Communication
What we want them to do

- Too complicated
- Unfamiliar
- Too many steps
- Inability to initiate the task
- Do they like the task
- Too many choices

- Is the task beyond their ability
- Does the task have past memories associated with it
- Is the task too long
Managing a crisis...

- Stop
- What are you thinking and feeling
- Keep track of what you are doing with your body
- Think about what you say and how you say it
Managing a crisis...

- Listen with belief
- Give them space
- Try to divert their attention
- Leave and come back
- Follow up
Questions