CAREGIVERS TRACK:
MANAGING CHALLENGING BEHAVIORS IN LONG TERM CARE

***
26TH ANNUAL CONVENTION
HUNTINGTON’S DISEASE SOCIETY OF AMERICA

***
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HDSA encourages all attendees to consult with their primary care provider, neurologist or other healthcare provider about any advice, exercise, medication, treatment, nutritional supplement or regimen that may have been mentioned as part of any presentation.
Presenter Disclosures

Dr. John E. Brose, Ph.D., L.P.

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose or list
# Difficult Behavior Table

<table>
<thead>
<tr>
<th>ACUTE</th>
<th>CHRONIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW FUNCTIONING</td>
<td>HIGH FUNCTIONING</td>
</tr>
<tr>
<td>FUNCTIONAL</td>
<td>ORGANIC</td>
</tr>
<tr>
<td>LOW MAINTENANCE</td>
<td>HIGH MAINTENANCE</td>
</tr>
<tr>
<td>INDIVIDUAL STRATEGIES</td>
<td>STAFF/ENVIRONMENT</td>
</tr>
</tbody>
</table>

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## Treatment Model

- **Environment Staff Changes**
- **Resident Changes**
- **% of Use**
- **Level of Impairment**

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Dr. John E. Brose

4
DEMENTIA

BRAIN DAMAGE/DETERIORATION

Planning  STM  LTM
Insight  Judgment  Reasoning
Impulse Control  Attention
Processing of Information

BEHAVIOR

Pacing
Disrobing
Striking Out
Screaming
Emotionally Labile
Sexually Inappropriate
Delusions
Paranoia
Poor Hygiene
Hoarding
Rumaging
Decline in Relationships
Short Attention Span
Poor Insight
Verbally Inappropriate
Hallucinations
Disorientation
Increased Dependence
Inability to Structure Day
Things to Remember:

- We can lead a horse to water but cannot make the horse drink.
- Most Americans do not follow Doctor’s orders.
- 76% of Americans do not take antibiotics as prescribed by their doctor.
- We need to accept our powerlessness and the need to control others.
- People can resist as a way to establish a boundary.
- Explore if resistance is related to fear, denial, cost, dysfunction, power struggle, lack of knowledge/information, different value system, ageism, not time to digest to reality of the current situation.
- People tend to overestimate their capabilities.
- Dependency and cod liver oil are highly correlated. Might be good for you but you do not like it.

Strategies

- If services are truly needed – adult protection may need to be contacted.
- Make request in a concerned and respectful manner.
- Give information – Educate.
- Use those with influence – pastor, family, friend, doctor, etc.
- Avoid those with influence.
- Back off and try later.
- Be proactive regarding the expectations of your facility. Create a handout that outlines what the triggers may be that signal the need for extra services.
- Learn how to use the healthcare system – it is very complicated.
Energizers and Drainers

What Drains You (Work and Home)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
15. 

What Energizes You (Work and Home)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14.
Resistences

List resistances that you use to keep yourself stuck:

Cognitive
1. 
2. 
3. 
4. 
5. 
6. 
7. 

Behavioral
1. 
2. 
3. 
4. 
5. 
6. 
7. 

Emotional
1. 
2. 
3. 
4. 
5. 
6. 
7.
Personal Stress Reduction Plan

1. Current work stressors

2. Internal strategies to reduce this stressor

3. External strategies to reduce this stressor

4. Consultant ideas
List Common Stories/Beliefs That You Tell Yourself That Create Barriers for Change

**Stories/Beliefs**

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
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11. _________________________________________
12. _________________________________________
13. _________________________________________
14. _________________________________________
15. _________________________________________
16. _________________________________________
17. _________________________________________
18. _________________________________________
19. _________________________________________
20. _________________________________________
The Seven R’s for Beating Stress and Burnout

Responsibility
• You are in control (know what you can and cannot control)
• Set priorities
• Say “no”
• Set limits

Reflection
• Know your stress buttons
• Be aware of stress and burnout symptoms
• Check you balance in life
• Where have I been and where am I going

Relaxation
• Do something good for yourself
• Schedule worry time and time to relax
• Separate work and personal life
• Schedule time out

Relationships
• Maintain supportive relationships
• Manage your relationships
• Improve your relationship with yourself
• Seek contact with others

Refueling
• Eat a balanced diet with high fiber, low salt, and low cholesterol
• Be aware of “poisons:” caffeine, fats, nicotine, processed foods
• Drink water

Recreation
• Laugh
• Have fun
• Enjoy life
• Schedule vacations

Restructuring
• Thoughts
• Feelings
• Behavior
Common “Medications” In Healthcare Facilities

<table>
<thead>
<tr>
<th>TYPE</th>
<th>SIDE EFFECT PROFILE</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEMICAL: <em>The type in med carts</em></td>
<td>Positive/Neutral/Negative</td>
</tr>
<tr>
<td>ENVIRONMENTAL: <em>Building, Space, Noise</em></td>
<td>Positive/Neutral/Negative</td>
</tr>
<tr>
<td>INTERACTIONAL: <em>People to people</em></td>
<td>Positive/Neutral/Negative</td>
</tr>
</tbody>
</table>
Dr. John E. Brose, Ph.D.
Licensed Psychologist

• Dr. Brose is a Clinical Psychologist and the owner and director of Associated Clinic of Psychology. He is considered a leading national authority on aging and behavioral-health issues.

• Dr. Brose has been involved with the Huntington’s Program here in Minnesota since its inception in the 1980’s.

• Associated Clinic of Psychology has been offering behavioral healthcare services to older adults, families, hospitals and long term care facility staff since 1980. They presently offer services to 170 long term care facilities.

• In 1996, and again in 2002, Dr. Brose was nominated as “Outstanding Contributor of Geriatric Clinical Services” by the Minnesota Gerontological Society.

• In 1991, Dr. Brose was awarded the “Outstanding Contributor to Healthcare Award” by the American College of Healthcare Administrators.

• He lectures nationally on issues related to Healthcare, Alzheimer’s and the mental health issues of the older adult.

• In 2000, Dr. Brose was awarded the “Excellence in Caregiving” Award by the Minnesota Alzheimer’s Association.

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