

Factors to Identify Behavioral Causes

<u>Resident-based Factors</u>	<u>Brainstorming ideas/solutions, discussions, and comments</u>
1. Altered emotional status (feelings of insecurity, sadness, anxiety, worry, or loneliness)	
2. Lack of daily routines (review morning, afternoon, and night routines)	
3. Sensory deficits (see, hear, smell, taste, and touch/skin contact)	
4. Basic physical needs (hydration, snacks, constipation, body)	
5. Interests and preferences not being met (food, activities, ADLs)	
6. Level of stimulation (under or over stimulation, and/or not appropriate for resident's abilities)	
7. Health issues (infections, comorbidities, dysphagia, incontinence)	
8. Impact of other illness or conditions (other mental or physical)	
9. Pain (physical/behavioral signs present, wrong pain scale, more assessments)	
10. Medications (changes in dosage, polypharmacy, medication administration issues)	
11. Ambulation and/or difficulty finding one's way (needs more assistance, needs to be cued, getting lost in the facility)	
12. Challenges performing daily activities of living (bathing, dressing, using the toilet, grooming, eating)	
13. Sleep cycle disruptions (address daytime napping, sleep hygiene needed, night activities needed)	

<u>Caregiver or staff-based factors</u>	<u>Brainstorming ideas/solutions, discussions, and comments</u>
14. Communications too complex (generational language gaps, educational gaps, speed of speaking)	
15. Cultural or spiritual conflicts (barriers effecting care or quality of life)	
16. Emotional tone (tone too harsh, inappropriate baby talk, inappropriate endearments)	
17. High level of caregiver distress (caregiver or staff burnout, depression, or stress related issues)	
18. Lack of caregiver availability (presence at the time needed)	
19. Caregiver expectations are too high or too low (expectations are not matching resident's cognitive/functional abilities)	
20. Lack of education about the resident's disease and behaviors	
<u>Environmental-based factors</u>	
21. Level of physical and/or social stimulation (too much or too little)	
22. Room arrangements (needed items are out-of-sight or not where the person can see them)	
23. Temperature of room, hallways, common areas (too hot or too cold)	
24. Lack of needed adaptive equipment (needed devices to promote independence: eating, drinking, mobility, etc.)	
25. Poor lighting	
26. Other: _____	