

BEHAVIOR MANAGEMENT

The Journey Through Caregiving



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Introduction

The purpose of this module is to help community-based organizations prepare family caregivers to care for their elderly loved one who has a chronic disease or disability. It is designed to be tailored to specific training needs and to be a helpful resource to caregivers in their homes.

It is written in a question and answer format from the perspective of the family caregiver. The questions address concerns that caregivers often have.

Because each module was designed to stand alone, some information found in one section may be repeated in another. This repetition was built into each module so trainers will not have to search for relevant information from one module to another.

Transparencies, Microsoft PowerPoint presentations, and activities have been developed for each module. Trainers may choose to use all of these materials in a training session or only one of these references. These materials have been developed to help trainers reinforce the information found in each module.

❖ **MANAGING BEHAVIORAL ISSUES**

When behavioral problems such as hitting or swearing occur, you may not know how to handle the situation or where to turn for help. It may feel as though life will never return to “normal.”

It is important that you do not try to provide all of the care of another without support. This is particularly true if the person is combative. For your own protection, and for the protection of the person for whom you are caring, develop a support system that includes respite care.

To help deal with difficult behavior, this module contains a series of videotapes that will discuss difficult behaviors and offer techniques to successfully deal with these behaviors. It is recommended that you view the videos in the order they are produced as information often references discussion from a previous video. The series is:

Tape 1: Overview Part I: Alzheimer’s Disease and Related Diseases

Tape 2: Overview Part II: Delirium and Depression

Tape 3: ABC’s: An Introduction

Tape 4: Managing Aggressive Behaviors: Anger and Irritation,
Catastrophic Reactions

Tape 5: Managing Psychotic Behaviors: Language Deficits

Tape 6: Managing Psychotic Behaviors: Hallucinations/ Delusions
and Paranoia and Suspiciousness

Tape 7: Managing Personal Hygiene: Bathing and Dressing

Tape 8: Managing Difficult Behaviors: Wandering and Inappropriate
Sexual Behaviors

Tape 9: Managing Difficult Behaviors: Depression

Tape 10: Caregiver Issues

This video series is designed to provide an overview of ways of dealing with potential problems. However, each person and situation is unique. If you have specific questions please contact your physician or local mental health center.