FRAMEWORKS FOR CLINICAL REASONING ABOUT BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA AND CAREGIVER TRAINING

Competence-Environmental Press Framework (Lawton & Nahemow, 1973)

Educating family caregivers to obtain that “just-right fit” between personal capabilities and environmental demands results in positive behaviors and enhanced quality of life for both the caregiver and the individual with dementia.

Transtheoretical Model (Prochaska et al., 1988)

Family caregiver training requires that caregivers adopt new approaches to care. Understanding the level of caregiver readiness to learn and implement new strategies can inform the approach to training.

- Caregivers with low levels of readiness may need more education about the disease and an understanding that troublesome behaviors are not intentional but a consequence of the disease.
- Caregivers with high levels of readiness tend to be immediately receptive to learning and implementing strategies.
Strategies for Managing Behavioral and Psychiatric Symptoms of Dementia: Teaching Evidence-Based Approaches to Family Caregivers
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Maine Occupational Therapy Association Annual Conference 2019

Need-Driven Behavior Model (NDB) (Algase et al., 1996)

- Persons with dementia have difficulty expressing their needs.
- Behavior is the result of an attempt to meet a basic human need that is not currently being met.
- Background factors cannot be controlled, whereas current factors may be, but awareness and understanding of both help with behavior guidance.

Progressively Lowered Stress Threshold (Hall & Buckwalter, 1987)

- Stress threshold is lower in persons living with dementia.
- Behavior is a result of excess environmental stress and caused by increasing anxiety.
- A person’s stress threshold shrinks both during the course of dementia and over the course of the day.
ABC Model (Teri & Logsdon, 2000)

- The ABC model can be used to instruct the caregiver to identify the stimulus (activator) that triggers a specific behavior and clearly define and analyze the potential consequences. This includes both positive and negative behaviors.
- In training, caregivers learn to evaluate each behavior to assess how often and for how long it occurs. Through this process, the caregiver can identify the specific activator(s) that can be enhanced, modified or eliminated.
- The process is cyclical, and the consequence can become a new activator for behavior.

Problem Solving Process (Gitlin, 2009; Yura & Walsh 1983)

Teaching the problem solving process offers caregivers a skill to use when new situations occur after occupational therapy service or training is complete.
RESOURCES

AARP Information about benefits and entitlement information, caregiver and older adult education (including older drivers, grandparents, and choosing a living environment), activities, and advocacy. [www.aarp.org](http://www.aarp.org).

Administration on Aging Government agency concerned with issues affecting older Americans, under the umbrella of the Administration for Community Living. This site offers information about older Americans, legislation, and programs. [www.acl.gov](http://www.acl.gov).


Alzheimer’s Store Wide variety of products for people with dementia and their caregivers. [www.alzstore.com](http://www.alzstore.com).

Alzheimer’s Association Information about cognitive issues, problems and solutions, research and medical advances, public policy issues, caregiver support, and resources. [www.alz.org](http://www.alz.org).


Caregiver Action Network Education, peer support and resources free of charge. [caregiveraction.org/](http://caregiveraction.org/).

Centers for Medicare and Medicaid Services (CMS) Overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits. [www.medicare.gov](http://www.medicare.gov).


Choosing Skilled Nursing Facilities Listing by city and state. [www.helpguide.org/elder/nursing_homes_skilled_nursing_facilities.htm](http://www.helpguide.org/elder/nursing_homes_skilled_nursing_facilities.htm).

Continuing Care Retirement Communities (CCRCs) Listing by city and state. [www.seniorliving.org/TypesOfCare/ContinuingCareRetirementCommunity](http://www.seniorliving.org/TypesOfCare/ContinuingCareRetirementCommunity).

Eldercare Locator Connection to local services for older adults anywhere in the US. [www.eldercare.acl.gov](http://www.eldercare.acl.gov).

Family Caregiver Alliance Support services for those caring for people with Alzheimer’s disease and other neurocognitive disorders, as well as other conditions. [www.caregiver.org](http://www.caregiver.org).

Friend’s Health Connection Support network and motivational programs. [friendshealthconnection.org](http://friendshealthconnection.org).


National Institutes on Aging Reliable health and resource information for consumers and professionals. Relevant topics include changes in intimacy and sexuality, wandering, bathing, grooming and dressing, and incontinence. [www.nia.nih.gov](http://www.nia.nih.gov).

National Resource Center on Supportive Housing and Home Modification Information and strategies about home modifications and their importance in supporting safety and independence. [www.homemods.org](http://www.homemods.org).
REFERENCES


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Rosalynn Carter Institute for Caregiving: Caregiver Intervention Database http://www.rosalynncarter.org/caregiver_intervention_database/


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