

Guiding an Improved Dementia Experience (GUIDE)

EDUCATION AND SUPPORT RESOURCES

Caregiver Support

*Guiding you through behavioral,
problem solving and daily
activity planning.*



**MY PLAN FOR DEALING WITH MY LOVED ONE'S
SPECIFIC BEHAVIORAL NEEDS.**

MY NAME:

MY LOVED ONE'S NAME:

MY LOVED ONE'S SPECIFIC BEHAVIORS & WARNING SIGNS:

MY GOALS FOR THIS PLAN:

MY LOVED ONE'S LIFELONG ROUTINES:

MY LOVED ONE'S PREFERENCES AND STYLES

LIKES:

DISLIKES:

MY LOVED ONE'S SPECIAL NEEDS:

PATTERNS I SEE MY LOVED ONE REPEATING:

I CAN KEEP IT SIMPLE BY:

I CAN PLAN AHEAD BY:

I WILL CALL THE DOCTOR IF:

WHAT IF MY LOVED ONE.....?



I CAN DEAL WITH IT BY

I WILL TAKE A BREAK BY:

MY STRATEGY FOR REPLACING NEGATIVE THOUGHTS WITH POSITIVE ONES

I'm feeling very upset. Here's what happened:

My initial negative thoughts when all this was happening :

My initial feelings when all this was happening :

Here's how I can think about the situation in a positive way:

With these positive thoughts in mind, I now feel:

PROBLEM SOLVING CHECK-LIST

Issues	ANSWERS
1. Define the problem	
What exactly is the problem?	
Why is this behavior a problem? What effect does it have on me?	
How would I like this behavior to change?	
When does the behavior happen?	
Where does the behavior happen?	
Who is around when the behavior happens?	
What lifelong routines or personal or professional experiences might be triggers?	
What pattern do you see in the behavior?	
Why might this behavior be happening?	
2. Think about what you may have tried in the past.	
What were the different ways in which I tried to manage the behavior in the past?	
Did any of your ideas help at all?	

MY CHECKLIST FOR HAVING FUN THIS WEEK.

<p>This week I want to have fun by :</p>	
<p>People joining me in these fun activities will be :</p>	
<p>Things I need for these fun activities :</p>	
<p>These fun activities will take place :</p> <p>When :</p> <p>Where :</p> <p>How often :</p>	
<p>To do these fun activities I will ask the Care Team to “step up to the plate” :</p>	
<p>I will ask the Care Team to :</p>	<p>Care Team member :</p>
<p>Other steps I need take to do these activities :</p>	
<p>What needs to do be adjusted so my loved one can enjoy the fun :</p>	

Which ideas made things worse?	
What have I learned from the past?	
Issues	Answers
3. Set a goal for solving the problem.	
When would I consider the problem to be completely solved?	
What would it make seem better or okay for me?	
4. Consider possible solutions	
Strategies to consider (write + or - for each possible outcome):	
Strategies I will try:	
5. Strategies I will try:	
Adjustments that I need to make:	
6. Troubleshoot possible barriers.	
When I used the strategy, the behavior was: a lot better, a little better, about the same, a little worse, a lot worse.	
7. Try out strategy.	

8. Measure success.	
9. Determine next steps.	
I will adjust the strategy by :	
I will try a new strategy :	