

Screaming and Making Noises

<p>Identify the Problem</p>	<p>PROBLEM: Screaming and Making Noises</p> <p>GOAL/EXPECTED OUTCOME: To increase caregiver’s understanding of noise as communication to improve caregiver’s capacity to cope with and manage noise</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Is the person ill, in pain, or uncomfortable? • Is the person unable to speak or be understood because of the disease? • Is the person trying to tell you he/she is hungry? Thirsty? Too cold? • Does the person need to use the bathroom, or need to be cleaned up? • Is the person really tired? • Does the person need help changing position in a chair/bed? • Is the environment too loud or overwhelming for the person? • Is there too much going on around the person? • Is the person bored? <p>Understand the possible meaning of the problem to the person with Alzheimer’s:</p> <ul style="list-style-type: none"> • Is the person feeling scared or confused? • Does the person feel frustrated he/she cannot tell you what he/she needs? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Is the caregiver frustrated? Annoyed? • Does the caregiver feel confused or “stuck” about what to do? • Is the caregiver embarrassed?
<p>Adapt</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Try finding other ways for the person to communicate, such as using a bell • Try to address the unmet need before it becomes a problem <ul style="list-style-type: none"> ○ Keep a regular eating schedule for the person with meals and snacks to reduce hunger ○ Keep a regular toileting schedule to reduce accidents ○ Change the person’s position in chairs/bed regularly ○ Clean the person up immediately after an accident • Create a relaxing and calm environment <ul style="list-style-type: none"> ○ Use relaxing techniques, such as massage, gentle touch, talking in a soothing voice, or playing calming music ○ Always approach the person from the front with a calm voice. Use the person’s name and introduce yourself, when needed • Break tasks into short, simple steps and explain what you are going to do before you do it <p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • Refer to PCP for good medical examination to assess for illness, infections, pain/discomfort, or impaction • If non-pharmacological approaches prove unsuccessful, then use medications, targeted to specific behaviors, if clinically indicated

	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzgia.org • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – “Communication and Alzheimer’s”
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>