

# Behavioural Care Plan

Addressograph

Resident:

Date: Jan 21<sup>st</sup> 2019

**Focus:** I have **explosive outbursts of anger**. I will swear, belittle and call you cruel names. I may kick or strike out if I **don't get my own way**. This is difficult for my caregivers

**Aggression is very common** in Huntington's Disease (22 to 66%) more common in males.

**Goal:** To reduce verbal & physical AGG

**Evaluation/Review Date:**

## Interventions



The relay station between Limbic System (**emotions and arousal**) and Frontal Lobes is damaged in HD. Carl will have more **Intense responses to triggers**. It is hard to care for people with HD.

Carl has quick shifts in behaviour & unpredictable responses to stimuli.

Carl is unaware of his behavior and/ or intensity

Avoid confrontation or correcting- "**Pick your Battles**"

Key is to **avoid know triggers** & modify approach/environment -

**Triggers** – loud music (especially when played from behind him), singing & humming, TV, Food, busy spaces (dining room) pain, frustration (difficulty communicating/not able to do things on his own)

**\*\*People with HD are challenged by changes in routine.**

I don't remember I have Huntington's disease. I think I am here to recover from my hip fracture & then moving to Burnaby. I don't think I need any help with bathing, cooking, laundry etc. I want to be independent. I have **no insight**.

Consistently is very important. I need routine & will struggle if disrupted. I like familiar caregivers. Talk to me like an adult but give me time to respond. Do not rush me. I liked to feel special – **the little extra's in my day go a long way to help me stay calm:**

**Food** – People with Huntington disease (HD) burn a lot of calories. I love raison toast, ice cream, tapioca, toast with PB & Jam

I don't like chicken, broccoli, cauliflower, turnips. The dietician has been asked to remove these items but if you see them on my tray, please **REMOVE before I see it.**

**I eat in the TV area with an over bed tray.** Please take my tray off the cart first. This will help me have a good night.

**Singing/humming** – I can't handle singing or humming. I am very sensitive to noise & I will have an outburst.

**Music** – If I am in the dining room for some reason, don't turn the TV or stereo on. Use the ghetto blaster at the front.

**Pain** – bodily discomfort & **pain** are problems in **Huntington's** disease (HD). Ask me if I want a pre-care PRN

**TV area** – If other residents enter the TV area gently redirect them to another TV area. I usually tolerate Louise but have no patience for people with dementia. I think I am "in the loonie bin"

Build a rapport with me – I was a math professor at SFU. I like to talk about my work. Ask me about cars - I loved to fix old Chevy's. I like Subaru's' but think Volkswagens are "dreadful" I like to talk about politics "Trump is absolutely doing a better job than Trudeau" **It is not a 2-way conversation.** I am very "black and white" "all or nothing thinking" **so you basically have to agree with my views.**

**Recommendation: Staff read and sign at the back.**