

# Behavioural Care Plan

Addressograph

**Resident:**

**Date: Jan 10<sup>th</sup> 2019**

<p><b>Focus:</b> I have <b>intense anger outbursts</b>. I will swear, threaten, belittle, if you say “no”, ask too many questions or tell me what to do. I may push you if you try to stop me from getting my pop or the TV remote. <b>**Trauma history</b> – I was physically, verbally &amp; emotionally abused by my alcoholic father. I ended up becoming an alcoholic</p>	<p><b>Goal:</b></p>
<p><b>Interventions</b> I was a good husband &amp; father until I got laid off from the construction industry in 1988. I lost everything &amp; started drinking. My personality changed &amp; I started getting “mean” I tried rehab but never stuck to it. I have no appreciation of how my behaviour impacted my family.  I have long standing <b>anger control issues</b> that are likely rooted in my childhood abuse. Now my brain is damaged from all the years I drank. <b>I can’t change</b>. I resent the way my life turned out &amp; will lash out at you. Please try not to take my behaviour personally.  I am a loner – I like to keep to myself; in my room, watching TV or listening classic rock (Led Zeppelin, Rolling Stones) , doing word searches (on my night stand) I don’t think I “fit in” here so best to leave me alone  I like a confident care-giver. Firm but kind approach. Consistent care – no unexpected changes. <b>Do not try to confront or correct my bad behaviour. I am not remorseful or ashamed for my bad behaviour.</b> This is hard for my caregiver to accept because I can be mean &amp; cruel but I will not apologize.  If I am rude, <b>Disengage</b>, do not focus on verbally defusing the situation.</p> <ul style="list-style-type: none"><li>• Try to stay calm; do not show alarm or anxiety.</li><li>• Give me space – <b>I need an escape</b> to get over my outburst. Firmly but kindly suggest I go to my room to watch TV or listen to my music. I will usually “storm off” to my room. I may slam my door. <b>Impulsive anger usually goes away quickly.</b></li><li>• If I become physical to staff or residents, call for support, remove self and other residents from area and contact RCMP.</li></ul>	<p><b>Evaluation/Review Date:</b></p>

If I decline personal care, do not try to talk me into it, this will trigger me. Reattempt in 30-60 minutes. Most of the time I will not remember what you asked earlier. I sleep in my clothes

I may focus on calling my wife. I don't understand why I can't live at home with my wife. This relationship triggers my anger. There is a history of domestic violence. If I ask you to use the unit phone, tell me the phone is only linked to the call bell system & not for outside calls. Try to redirect me to something else – word search or watch TV. My wife will call the unit nurse or social worker for updates.

Be aware that if another resident has a phone visible on the unit I may decide to take it from them. **Do not try to get it back.** I will become physically aggressive. Back away, stay calm and wait. I will probably try to call my wife. She knows to block my calls so I will end up leaving a message.

I may benefit from a visual schedule in my room – it may be possible with regular schedule I will come to rely on routine and require fewer reminders.

Things to include – pop schedule

Working BCP – please add things as we go....Thank you for looking after \*\*\*.

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