

PRESCRIPTION FOR VERBAL AGGRESSION

DESCRIBE THE BEHAVIOR

INVESTIGATE WHY THE BEHAVIOR MAY OCCUR

PERSON:

- Confusion as to what to do
- Difficulty communicating
- Difficulty recognizing, holding or using objects
- Discomfort or unmet need (hunger, thirst, boredom, full bladder, fatigue, lack of exercise, social isolation, need for attention, sensory stimulation)
- Disorientation (time or place)
- Feeling fearful, insecure, anxious, or paranoid
- Feelings of failure, loss of control or frustration
- Health (pain, fatigue, poor vision, hearing loss, constipation, infection, medication effects)
- Inhibition
- Invasion of personal space
- Too much/too little sleep
- Unable to start, organize, or complete the task
- Unable to follow directions
- Other: _____

ABILITIES:

- _____
- _____
- _____

CAREGIVER:

- Expectations too high
- Feeling stressed and/or frustrated
- Lack of or change in daily routine
- Rushing routines
- Too many choices offered
- Verbal communications too complex
- Other: _____

PHYSICAL ENVIRONMENT:

- Cannot distinguish between objects
- Difficulty finding room or location
- Objects not in sight or hard to find
- Over stimulation (too noisy or too many people)
- Under-stimulation
- Unfamiliar or uncomfortable environment
- Poor lighting
- Poor seating
- Too hot/too cold
- Too many objects
- Other: _____

CREATE A PRESCRIPTION

SIMPLIFY THE WAY YOU SET UP DAILY ACTIVITIES AND ROUTINES

What to do:

- Establish daily routines.
- Allow significant amount of time to complete activity.
- Obtain a hearing evaluation.
- Involve another person if their presence is calming to _____.
- Other: _____

What to avoid doing:

- Changing the time, location, or sequence of daily activities.
- Scheduling an activity in to a tight, time-pressured period
- Assuming _____ does not understand you or is willful. They may not be able to hear you well and this may be a source of frustration.
- Involving others if they increase the aggressiveness.
- Other: _____

COMMUNICATE EFFECTIVELY:

What to do:

- Use words of encouragement and positive statements.
For example, say: _____
- Use a calm voice.
- Provide specific, 1 or 2 step, simple verbal instructions.
For example, say: _____
- Provide physical affection as appropriate.
- Pay attention to your body language.
- Use a light touch to reassure, calm, and redirect.
- Avoid loud sounds.
- Other: _____

What to avoid doing:

- Rationalizing or arguing with _____.
- Raising your voice, yelling, or dismissing _____'s feelings.
- Using long sentences or vague/complex words.
- Hugging, putting your arm around _____ if such gestures are known to agitate them.
- Crossing your arms in front of your chest, tapping your fingers, etc., as these may suggest impatience or frustration.
- Pulling or holding _____ too firmly, as they may misinterpret this action as threatening.
- Leaving TV or radio on high volume, slamming doors, etc.
- Other: _____

MODIFY YOUR HOME AND MAKE IT SAFE

What to do:

- Remove unnecessary and unsafe objects. Keep familiar objects in living space for _____ to recognize and take comfort in.
- Other: _____

What to avoid doing:

- Keeping a lot of objects and knick-knacks in _____'s living space; entertaining a large group of people in the home at the same time.
- Replacing old objects with new ones.
- Other: _____

ENHANCE ACTIVITY PARTICIPATION

What to do:

- Introduce a familiar and enjoyable activity as a diversion.
- Use activities with repetitive motions, such as lacing or coloring, as these may help to calm _____.
- Make sure _____ gets enough sleep/rest.
- Other: _____

What to avoid doing:

- Introducing an activity that requires learning new information.
- Using activities that are too complex or require many different steps or problem solving.
- Expecting _____ to participate in an activity if they are too tired.
- Other: _____

STRATEGIES FOR YOU

- Try to relax; use a deep breathing technique if you feel stress or tension.
- Feel good about yourself — you are doing a great job!

EVALUATE

Keep track of the strategies you try and how things go as you practice them. This will help to make adjustments and find the best strategies for you.

STRATEGY 1 _____

STRATEGY 2 _____

STRATEGY 3 _____
