

# Behavior Management

*Challenging behaviors, intentional or not, may include aggression, agitation, suspicion, resistance, mood swings, controlling behavior, wandering, or outbursts.*



## Identifying Behavior

Behaviors like **agitation**, **withdrawal**, or **disruptive actions** can stem from **unmet needs**, **discomfort**, or **confusion**. By understanding and addressing the underlying issues, you can **alleviate problems before they arise** and respond more compassionately.

## Communication Strategies

Maintain a **nonjudgmental tone**, use **clear language**, maintain **eye contact**, and try to **see the situation from their perspective**. Clearly state when a behavior is unacceptable and use **positive reinforcement** to encourage desirable actions.

## Proactive Steps

**Anticipating needs** can help reduce distress and problematic behaviors. Adjust **routines**, **environments**, or **interactions** to proactively prevent these behaviors from escalating.

## Lifestyle Changes

Create a **calm environment** that minimizes overstimulation to help prevent challenging behaviors. Establishing a **consistent daily routine** is also important.

## Preventing Caregiver Burnout

Caregivers can improve their ability to manage challenging behaviors through:

- **Support groups** to share experiences and gain insights from peers.
- **Professional counseling** for tailored guidance on stress and behavioral management.
- **Educational workshops** to learn the latest coping strategies.
- **Online forums and resource centers** for connection and support services.