

## The Meltdown Trigger List Instructions

To reduce additional causes for aggression and other behaviors, check for the following:

What is her body language saying? Is she raising her voice, or is her voice shaking? Is her face red? Are her hands shaking? Has she traveled recently? Is she exhausted or sick? Has she started a new medication?

Drug interactions and side effects can cause new or different behaviors or worsening of symptoms, as can underlying health issues. Be sure to tell her doctor about dangerous behavior, in case it has been triggered by chronic pain, depression, delirium, infection or other conditions which may be treated with medications.

Is there a new person or pet in the environment?

Are you doing something outside of her normal routine? Routine is the cornerstone of a stable living environment. Make sure you create safe and predictable surroundings and reinforce routine. Routine may help reduce agitation and aggression.

If the behavior continues, make notes listing what is occurring in your environment at the time of the outburst. Medical professionals refer to this as chart notes.

Jot down the following:

- *What is the date?* Is it a holiday? Is it a family celebration?
- *What day of the week?* Is it only on Tuesdays?
- *What time of day is it?* Does the incident recur around the same time for each event?
- *Where did the event take place?* The living room? The bathroom? A restaurant? At church? A movie theater?
- *What are the weather conditions outside?* Sunny, calm, windy, snowing, raining, thunder, etc.
- *What is the temperature where the event took place?* Example: is it hot, warm or cold? If you want to be more specific, 85 degrees Fahrenheit or 30 degrees Celsius.
- *What is the lighting like?* Are the lights on in the house? Is it dark? Are there candles burning? Are the shades drawn? Are there shadows being cast on the floor?
- *What type of activities are taking place?* Are you watching television, playing video games? Are children playing? Are you preparing a meal? Do you have company? Is there a crowd of people? Is anyone arguing?
- *What types of smells are present?* Coffee? Spaghetti-O's? Detergent? Household cleaners? Cigarette smoke? Scented candle? Urine?
- *What is the volume inside the house?* Is it quiet? Is there street noise? Sirens? Children playing? Dogs barking? Dishes being washed? Loud music? Multiple text pings? Loud video games?

If you keep your list up for three or more events, you will see a pattern develop. From there you can tailor possible solutions to prevent or reduce a repeat outburst. For example, does it always happen around dinner time? Did she used to prepare the family meal? Perhaps she feels like she should be doing something but does not know what to do. Give her a chore equal to her level of dementia like setting the table for the dinner, folding laundry, or dusting the furniture.

## Meltdown Trigger List

<b>Look for the common activity in each event</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>
<b>Date, Day, Time</b>			
<b>Location</b>			
<b>Descriptions of physical surrounding with activities</b>			
<b>Identify common event(s)</b>			
<b>Distraction techniques that work</b>			