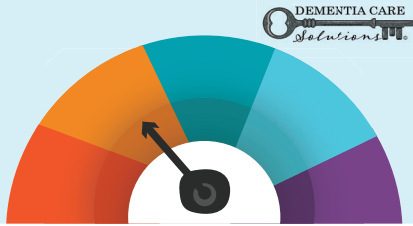
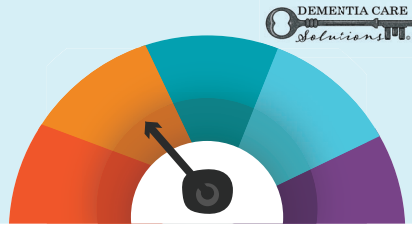


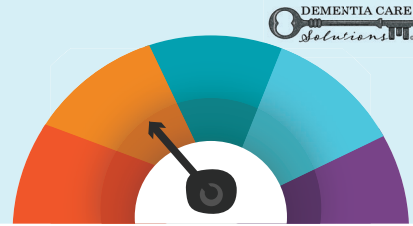
UNMET NEEDS



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UNMET NEEDS



What are they trying to tell us?

ABC: ALL BEHAVIOR IS COMMUNICATION.

Our goal isn't to stop the person with brain change from communicating their need, but to interpret the need they are communicating. Using the FISH Approach, we realize that the reality of the person with brain changes is "in the water." As care partners, we need to get in the water to better understand unmet needs. To do this, we:

- **Pause and Observe** what they are doing/saying
- **Translate** it into a message
- **Respond** with an attempt to meet the need

If communication continues or comes back, attempt to respond to another need.

I may be trying to tell you...

If I am saying/doing this...

"I need nourishment"

I'm taking another person's food/drink
I'm rummaging through drawers

"I need to go to the bathroom"

I'm looking in other people's rooms
I'm relieving myself in strange places

"I need to be out of pain"

I don't want you to do my cares or
I'm telling you "No"
I'm telling you "people are after me"
(I may have a UTI)
I'm agitated and swatting, swinging,
and/or yelling at people



"I need to move my body or I need rest"

I'm pacing and/or fidgeting
I'm moving furniture around
I'm up all night

"I'm not comfortable in my environment"

I'm covering my ears and/or
closing my eyes
I'm seeking sensations

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HOW I COMMUNICATE MY EMOTIONS

ABC: ALL BEHAVIOR IS COMMUNICATION.
I communicate with you through my behavior because I don't always have the words.

I may be feeling...

If I am saying/doing this...

Angry

I'm telling you "No", "I don't like that", or "Leave me alone"
I'm pushing, hitting, or grabbing and not letting go

Sad

I'm looking for a family member
I'm crying, begging, and saying "I love you"

Lonely

I'm calling out for help but it doesn't seem like I have an unmet need
I'm asking why you left me alone

Scared or Anxious

I'm frantically trying to help someone
I'm desperately seeking a way out or asking for someone to help

Lacking Purpose or Need Sense of Control

I'm packing and/or saying "It's time for me to go", or "I need to go to work/home"
I'm telling you my kids need me
I've started collecting things

This tool is not all inclusive and may not represent every person living with dementia. It is our responsibility to know and understand brain changes and how they impact each individual. With tools like this and the FISH Approach, we strive to create a better dementia care experience.



LET'S DIVE IN & LEARN MORE



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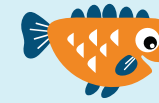


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