

Example Activators (Triggers)

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|---|---|--|--|
| 1) Physical environment | 45) Personal possessions | 84) Unwanted physical touch | 121) Wanting to connect with others but not sure how |
| 2) Schedule/routine | 46) Decline in cognitive abilities | 85) Thought/feeling/sensation that doesn't match with expectations | 122) Desire to feel important |
| 3) Level of interest | 47) Allergies | 86) Sense of self-control | 123) Feeling unproductive or lacking something to offer |
| 4) Number of choices | 48) Constipation | 87) Availability of space to move | 124) Boundary violations |
| 5) Instructions provided | 49) Itching | 88) Pent-up energy; limited opportunity for physical activity | 125) Abrupt changes in tasks/activities |
| 6) Sensory over/under stimulation | 50) Medication side effects | 89) Progression of dementia | 126) Too many requests at once |
| 7) Manner of switching activities/tasks | 51) Low frustration tolerance | 90) Increased confusion | 127) Disappointment |
| 8) Method of offering choices | 52) Asked to do things they cannot | 91) UTI/acute infection | 128) Food not right temperature |
| 9) Communication approach | 53) Prevented from doing things they can | 92) Unable to have what is desired | 129) Changes in taste related to dementia |
| 10) Clarity of expectations | 54) Short attention span | 93) Frustration at having to wait | 130) Wanting to get somewhere or get to someone |
| 11) Too much visual input | 55) Lower inhibition | 94) Waking up | 131) Having to ask permission for something |
| 12) Sensory deficits | 56) Exaggerated emotional reactions | 95) Falling asleep | 132) Hearing others talk negatively about someone |
| 13) Too much noise | 57) ACEs as a filter | 96) New roommate | 133) Resident's normal changes in mood |
| 14) Balance in schedule | 58) Chronic/acute stress | 97) New room | 134) Weather |
| 15) Inconsistent schedule | 59) Difficulty with peers | 98) Desire to leave | 135) Things done "to" / "for" rather than "with" |
| 16) Mood | 60) Pace too fast | 99) Confusion | 136) No one to talk to |
| 17) Recent socialization (negative, or lack of) | 61) Unable to communicate need for help effectively | 100) Hormones | 137) Being told "no" or "wait" |
| 18) Medical status | 62) Attention given to negative behavior | 101) Clothing | 138) Tired of same setting |
| 19) Appetite/hunger | 63) Availability of comfort items | 102) Feeling slighted | 139) Learning that they must do something they do not like |
| 20) Pain | 64) Lack of privacy | 103) Thirsty/dehydrated | 140) Being prevented from getting something or somewhere |
| 21) Fatigue | 65) Invasion of modesty | 104) Wants to be alone | 141) Need to move due to restlessness |
| 22) Aversive tasks | 66) Unable to care for self | 105) Poor short term memory | 142) Not understanding things |
| 23) Time of day | 67) Sensory changes related to dementia | 106) Feeling ridiculed | 143) Undirected sexual tension |
| 24) Day of week | 68) Embarrassment | 107) Being spoken down to | 144) Physical attraction to another person |
| 25) Shift | 69) Level of support available | 108) Having to get rid of things because of space issues | 145) Sense of longing for something else |
| 26) Staff present/absent | 70) Speed of caregiver response | 109) Feeling closed in/claustraphobic | 146) Feeling out of place |
| 27) Opportunity for positive interaction | 71) Unable to filter out information | 110) Shower water too hot or too cold | 147) Not understanding rules |
| 28) Relationships with other residents | 72) Communicator speaking too fast | 111) Uncomfortable bed | 148) Seeing what another resident gets |
| 29) Observations of other residents | 73) Feeling disrespected | 112) Uncomfortable/broken seating | 149) Past relationship patterns |
| 30) Location | 74) Perceiving threat | 113) Inside temp too hot or too cold | 150) Overhearing other people's conversation |
| 31) Level of lighting | 75) Invasion of personal space | 114) Body memories | |
| 32) Level of noise | 76) Trauma history | 115) Holidays | |
| 33) Doors/windows | 77) Angry people around | 116) Seasons | |
| 34) Family visit | 78) Miss family members | 117) Excitement | |
| 35) No family visits | 79) Miss home | 118) Realizing or remembering something difficult | |
| 36) Disappointment | 80) Feeling rejected | 119) Staff morale/mood | |
| 37) Available activities | 81) Feeling abandoned | 120) Tension in the environment | |
| 38) Recent losses | 82) Feeling dismissed | | |
| 39) Changes in routine | 83) Encounters with authority figures | | |
| 40) Changes in environment | | | |
| 41) Barriers to independence | | | |
| 42) Loneliness | | | |
| 43) Boredom | | | |
| 44) Personal space | | | |

FUNCTION OF THE SYMPTOM

*Needs/wants **ATTENTION** (interaction, reassurance, connection)
AVOIDING something that hurts, they dislike, or fear*

*Trying to **ACCESS** person/place/thing
An **AUTOMATIC** response from the body*