

PHYSICAL ABILITY (INCLUDING PAIN)

1. Mobility

- How well person can move - includes walking, standing, sitting, etc.

2. Balance.

3. Reaching and bending.

4. Cordination.

BEHAVIOUR

1. LACK OF COOPERATION (subject to frequency, and cognition)

- Refusing to participate in scheduled activities.
- Ignoring staff requests to join meals or group activities.
- Not following basic care routines.
- Avoiding eye contact or turning away when asked to engage.
- Express disinterest or boredom during planned activities.

2. AGITATION

- Exhibiting signs of restlessness, like pacing or tapping.
- Believing to have urgent tasks.
- Raising voice or shouting during minor frustration.
- Becoming easily irritated by changes in environment i.e noise.
- Displaying physical signs of stress, like clenching fist or crossing arm.

3. DISINHIBITED BEHAVIOUR

- Lack of social awareness or impulse control, such as undress in a common area.

4. AGGRESSION

- Manifest as shouting, hitting, or resisting care.
- Physical or verbal outburst directed at others.
- Perceived as a threat, or intrusive due to frustration, fear, or misinterpretation.

5. PARANOIA AND SUSPICION

- Accusing the carestaff of taking their money.

6. SLEEP DISTURBANCE

- Wakes up frequently during night believing it's morning and getting dressed for breakfast.

7. REPETITIVE BEHAVIOUR

- Asking the same question over and over.

8. DELUSION AND HALLUCINATION

- Insisting of being visited by someone who has passed.

9. WANDERING

10. SOCIAL WITHDRAWAL AND APATHY

COGNITION

1. MEMORY (SHORT AND LONG TERM)

- Forgetting recent events like family visits etc.
- Misplacing personal belongings.
- Confusing past and present experience.

2. COMMUNICATION

- Struggling to find the right words(i.e using “things” to “toilet” etc.).
- Un related topic during discussion.
- Difficulty following conversation.
- Speaking in short or incomplete sentences.
- Inability to engage back and forth.

3. SEQUENCING CHALLENGE

- Mixing up steps with complex tasks, wearing clothes in the wrong order.
- Not being able to complete a multi step task.
- Forgetting to get dressed before bed, wash hands before meals etc.

4. SOCIAL SKILL DEFICIT

- Not responding when someone greets you.
- Interrupting others without realising or dominating discussion.
- Failing to pick up on non verbal clues, like body language or facial expression.

5. PROBLEM SOLVING DIFFICULTIES/ POOR JUDGEMENT

- Becoming frustrated when faced with a simple puzzle or game.
- Struggling to figure out how to operate T.V etc.
- Heavily relying on staff for decisions.
- Wearing a heavy coat on a hot day.

6. ATTENTION AND FOCUS

- Makes bed forgets halfway.

7. VISUAL-SPATIAL PROBLEM

- Struggle perceiving depth, distance, making mobility or daily tasks challenging.

- Misjudge distance to chair and fall.

8. DISORIENTATION

- Forgetting time, place, and identity.
- Forget previous instances or care giver.

MENTAL HEALTH

1. Depression

- Feelings of sadness, hopelessness, or low energy.
- Withdrawal from social activities or lack of interest in surroundings.
- Sleep disturbance or change in appetite.
- Slow movement.
- Isolating in room.

2. Anxiety

- Excessive worry or fear about everyday situations.
- Symptoms of restlessness, irritability, or difficulty concentrating.
- Physical manifestations such as sweating or rapid heartbeat.