Positive Behavior Supports

Residential Assisted Living Facilities

Idaho
Learning Objectives

• Know what a behavior is.
• Know the definition of a behavior plan.
• Understand the components of a behavior plan.
• Understand the 6-month psychototropic medication review.
• Know how to get Technical Assistance.
What is a Behavior?

- IDAPA 16.03.22.225

Symptoms that are distressing to the resident or infringe on other residents’ rights.

The facility must have a behavior management plan for any resident that exhibits a behavior.

How many times must a resident exhibit a behavior before a plan is required?
Questions about what is and is not a behavior?
What is a Behavior Plan?

- IDAPA 16.03.22.010.15

A written plan which decreases the frequency or intensity of maladaptive behaviors and increases the frequency of adaptive behaviors and introduces new skills.
# Components of a Behavior Plan

<table>
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<tr>
<th>Evaluation</th>
<th>Interventions</th>
<th>Documentation</th>
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<td>Baseline</td>
<td>Develop Interventions</td>
<td>Date and Time</td>
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<tr>
<td>Medical</td>
<td>Staff Requirements</td>
<td>Interventions</td>
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<td>Transitory or Permanent</td>
<td>Least Restrictive</td>
<td>Effectiveness</td>
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<td>Previous Behaviors</td>
<td>72-Hour Review</td>
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<td>Recent Changes</td>
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<td>Environmental</td>
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<tr>
<td>Triggers</td>
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- Baseline
- Medical
- Transitory or Permanent
- Previous Behaviors
- Recent Changes
- Environmental
- Triggers
- Develop Interventions
- Staff Requirements
- Least Restrictive
- 72-Hour Review
- Date and Time
- Interventions
- Effectiveness
# Team Approach

<table>
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<tr>
<th>Who</th>
<th>How</th>
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<tbody>
<tr>
<td>Resident</td>
<td>Interviews</td>
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<tr>
<td>Family/Representative</td>
<td>Review of records</td>
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<td>Caregivers</td>
<td>Observation</td>
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<td>Outside Service Providers</td>
<td>Team meetings</td>
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<tr>
<td>Nurses</td>
<td>Periodic review</td>
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<tr>
<td>Administrator</td>
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<td>Doctor</td>
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<td>Anyone that participates in the resident’s care.</td>
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Evaluation
Includes Review of Baseline Data
(What is Normal for the resident without triggering events?)

- IDAPA 16.03.22.225.01.c

- Intensity – How serious is the behavior?
- Duration – How long does the behavior last?
- Frequency – How often does the behavior occur?
Evaluation
Includes Review of Medical Causes

- Are there possible medical causes?
  - Pain
  - Constipation
  - Fever
  - Infection/UTI
  - Medication side effects
  - Dehydration
Evaluation
Includes Identification if the Resident’s Behavior is Transitory or Permanent


- Permanent - enduring, indefinite, continuing, perpetual, everlasting, eternal, abiding, constant, irreparable, irreversible, lifelong.
Evaluation
Includes Review of the Resident’s Previous Behaviors and Activities

- IDAPA 16.03.22.225.01.b
- Is there a documented history of behaviors?
- What types of behaviors has the resident engaged in?
- What is the resident’s family reporting about past behaviors?
- What is the resident reporting about past behaviors?
- What are previous providers reporting about past behaviors?
Evaluation
Includes Review of Recent Changes

- IDAPA 16.03.22.225.01.d

- Has there been a recent change in the resident’s life?
  - Death in the family?
  - Change in daily routine?
  - Changes within the Negotiated Service Agreement?
  - Changes in staffing?
Evaluation
Includes Review of Environmental Causes

- Are there environmental causes contributing to the resident’s behavior?
  - Excessive heat or cold?
  - Is there noise?
  - Is there overcrowding?
  - Is the resident hungry?
  - Are there enough staff to meet the resident’s needs?
Evaluation
Includes Identifying Trigger Events

- What are the possible trigger events?
  - Family problems?
  - Confusion?
  - Frustration with surroundings?
  - Change in routine?
  - Wanting to leave?
  - ??????????????????
The facility must develop an intervention for each behavioral symptom.
- How are caregivers to respond?

All staff must be aware of, and consistently implement, each behavioral symptom intervention.
- How is the facility going to train and verify each caregiver is able to implement the interventions?

The intervention needs to be least restrictive.
- How does the facility document lesser restrictive interventions?
- Are lesser restrictive interventions addressed in facility policy?

Each intervention needs to be reviewed within 72 hours of implementation, then as appropriate, to evaluate the continued need for the intervention.
- How does the facility document interventions are completed?
- What criteria are utilized to determine effectiveness?
## Documentation

(Just One Idea)

- IDAPA 16.03.22.711.01 a-c

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Staff Name</th>
<th>Antecedent (What happened before the behavior?)</th>
<th>Behavior (Describe the behavior of concern)</th>
<th>Interventions (What interventions were used?)</th>
<th>Outcome (Were the interventions effective?)</th>
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6-Month Psychotropic Review

- The resident’s medication regime must be evaluated every 6 months to assure medications used to treat behavioral symptoms are necessary and at the lowest possible dose.
  - The facility needs to understand why a behavior modifying medication is given so they understand what is to be tracked.

<table>
<thead>
<tr>
<th>Good Example</th>
<th>Bad Example</th>
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</table>
| • Joe averaged 4 incidents per month of yelling over the past six months. This was an increase of 2 incidents per month. | • No changes
• Stable
• Resident is good |
Anti-Depressant Medications

Question

Does the facility have to have a behavior management program for every resident who is on an anti-depressant?
Anti-Depressant Medications

Answer

- Not necessarily. If the resident is not displaying symptoms or maladaptive behaviors as a result of the depression, then it would be acceptable to just monitor for the symptoms the anti-depressant is prescribed to improve.
Question

Is a Behavior Program still needed if a resident is taking behavior modifying medication and not exhibiting any behaviors?
The former behaviors need to be documented so staff are aware and can respond appropriately.

The facility is responsible for providing behavior updates every 6 months and if the facility does not maintain a record of what behaviors the medications are prescribed to address, then it may not be justified to continue use of the psychotropic medication.
Question and Answer

Residential Assisted Living Facilities Program

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