

# B.E.S.T FRAMEWORK

## HOW TO FIND HIDDEN TRIGGERS

### What is B.E.S.T?

Triggers to look for when you see a challenging dementia behavior.

**B — Body**

**E — Environment**

**S — Self**

**T — Time & Routine**

**Body: B — Body (Is something physical causing this?)** Pain, UTI, hunger,

dehydration, fatigue, medication side effects, constipation, cold.

**What to Do-Body:** Check for and/or ask about pain, UTI, hunger, dehydration, fatigue, medication side effects, constipation, cold.

# B.E.S.T FRAMEWORK

## HOW TO FIND HIDDEN TRIGGERS

**Environment: E — Environment (Is something in the space triggering fear or confusion?)** Mirrors, shadows, noise, clutter, unfamiliar people, poor lighting, temperature, TV left on.

### **What to Do-Environment:**

Look around the environment and start removing things that could be triggering the behavior.

- Mirrors
- Shadows
- Noise
- Clutter
- Poor lighting
- Temperature
- TV left on

# B.E.S.T FRAMEWORK

## HOW TO FIND HIDDEN TRIGGERS

**Self: S — Self (Is the caregiver's energy the trigger?)** Your anxiety, frustration, or rushing transfers directly to them — they feel everything even when they can't process words.

### **What to Do-Self:**

- Take 5 minutes to calm your own anxiety, frustration by leaving the room or disengaging.
- Give yourself more time for appointments for find virtual alternatives.
- Find people to pour into your emotional cup.
- Get family, friend or paid help.

# B.E.S.T FRAMEWORK

## HOW TO FIND HIDDEN TRIGGERS

### **Time & Routine: T — Time & Routine**

#### **(Did something change or is timing**

**off?)** Time of day, a broken routine, too many transitions, an overstimulating morning leading to a crashed afternoon

### **What to Do-Time & Routine:**

- Prepare for difficult times of day
- Keep a predictable routine
- Minimize transitions
- Minimize stimulation if they get easily overwhelmed