

FINDING THE WHY

Name:

Date:

Time started:

Time ended:

Before: describe what was happening just before the event and in the 2 hours period before e.g. was their visitors in the lounge, was there an emergency. **This box will help identify the trigger**

During: Describe, in detail, where the event took place e.g. on their chair, by the window, in the bedroom: in bathroom 2; in the corridor between rooms 1-10; etc. Who was there (name), what was said, how was it said. Describe what the person done only and keep factual. **This box will show what behaviours they display when stressed**

After: how were they after the event, how long did it take to return to their normal. **This box will show you their recovery period**

What did you try: list what you did differently when you next saw them in distress and did it work or not. **This box will show you what worked and what didn't work to build the care plan**

The Why: What triggers are you seeing? Have you thought pain, hunger, scared, environment, constipation etc