

IS YOUR LOVED ONE BEHAVING AGGRESSIVELY?

Sometimes your loved one may behave aggressively if there are unmet needs which cause them discomfort.

Such behaviour may be the result of an unmet need such as:

BIOLOGICAL	SOCIAL	PSYCHOLOGICAL
<ul style="list-style-type: none">○ Pain, illness, or physical discomfort○ Misunderstandings due to poor eyesight / hearing○ Hallucinations and delusions	<ul style="list-style-type: none">○ Lack of social contact and loneliness○ Boredom, inactivity and sensory absence○ Changing of established routine	<ul style="list-style-type: none">○ Frustrations at not being able to complete tasks○ Possibility of depression○ Perception that personal space is invaded○ Feeling ignored

What can you do if your loved one behaves aggressively?

- Try to stay calm and take a deep breath. Avoid any potential for confrontation.
- Try not to show any fear, alarm or anxiety as this may make him / her more agitated.
- Validate your loved one's feelings - reassure your loved one and acknowledge their feelings.
- Listen to what they are saying.
- Maintain eye contact and try to encourage communication.
- Redirect their attention elsewhere to get them to focus on something else
- Seek support for yourself from family, friends, counsellors or support groups.

