

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:
Behaviour

Audience:
Professionals

For more information
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Injury Outreach Service
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ABIOS Neuropsychologist

Understanding Behaviour – Questions to Ask After Brain Injury

Introduction

Assessment of behaviours of concern should occur before any behavioural intervention. A good assessment should provide objective and detailed information about the behaviour and the factors causing the behaviour for each person. Assessment can occur through:

1. Detailed history taking (from individual, family, professionals)
2. Use of questionnaires or behavioural checklists,
3. Neuropsychological assessments or other therapy reports
4. Behavioural measurement and observation

It is important to have a good understanding of the behaviour of concern before deciding on any intervention or strategy so the following questions will assist you to record the detail required for the basis of a good behavioural analysis.



Want to Know More?

Contact ABIOS, your Neuropsychologist or your ABIOS Case Manager for further assistance or advice after you have recorded the detail about the behaviour of concern using the following guide.

Resources

See other Acquired Brain Injury Outreach Service (ABIOS) Information sheets at <http://www.health.qld.gov.au/abios/>

Describe the behaviour of concern:



- What is the behaviour like?
- What did the person and others in the situation do/not do?
- What did the person say?
- When did the behaviour start – was it recently (days, weeks, months) or did it start a long time ago (years)?
- Did the behaviour start suddenly (out of the blue) or did it gradually get worse over time?

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When does the behaviour of concern occur?

- Does it happen during the day-time or at night, after an activity, during a task, when the person is not occupied?
- Are there situations where the behaviour is more/less likely to occur?
- Does it happen in relationship to other factors like epilepsy, pain, fatigue or other health factors?

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Where does the behaviour of concern occur?



- Does the behaviour happen at home, in the community, or at work or voluntary work?
- Does it happen more in one environment than others?
- Are there situations where the behaviour doesn't occur?

Lined writing area for the first question.

Who does the behaviour of concern occur with?

- Who is involved with the person before, during or after the behaviour of concern occurs?
- Does it happen more with one person and less with others?
- What do other people do/say when the behaviour of concern occurs – how do people react or cope?
- Describe the person's important ongoing relationships and social contacts.

Lined writing area for the second question.

How does the behaviour of concern start?

- Does it start suddenly or gradually?
- Are there any warning signs, for example, facial expression, tone of voice, pacing etc?
- Is there a gradual build up of signs that a behavioural of concern is likely to occur?

How long does the behaviour of concern last?

- Does the behaviour of concern last for minutes, hours, days or weeks?
- Can it be stopped or interrupted?
- What strategies help the person to stop the behaviour?
- How often are they able to stop?



TIP:

Keeping a record of how frequently behaviour occurs can give information about what may trigger it.

How frequently does it occur?

Does it occur once a day, once a week, or more frequently (e.g. eight times a day or twice a week)?

How is the behaviour of concern managed now?

- What behaviour strategies have been tried before?
- What do people do to manage the behaviour of concern right now?
- How long have the strategies been used for?
- What strategies work/don't work?
- Why do you think they work?
- What things don't work and why don't they work?
- Do they work for some people and not for others?
- Do they work some of the time or all of the time?
- What makes the behaviour of concern worse?



Does the person have awareness and insight about their behaviours?

Do they make attempts to limit, reduce or stop the behaviour?

- Are they remorseful or sorry after the behaviour?
- Are they able to understand the consequences of their behaviour of concern for:
 1. living situations
 2. work or study,
 3. relationships, or
 4. community participation



Handwritten notes:

Yes

Is there motivation to change?

- Is the person willing to participate in assessment, treatment or intervention?
- Has the person or have others sought help before?
- Are others (family, carers, support workers etc) willing to be involved in assessment and intervention?
- What relationships are important to the person?
- Are other people prepared to help with behaviour management?
- Why is the referral for behaviour management happening now e.g. relationship breakdown, threat to work, study, and accommodation

Handwritten notes:

No

How does medication affect the behaviour of concern?

- What medications is the person taking?
(Make a detailed list of medications and dosages and attach to this factsheet)
- Is medication taken routinely?
- What are the side-effects of medication?
(e.g. drowsiness, fatigue, irritability, confusion)
- Could the behaviour of concern be a side-effect of any medication/s?
- Does the behaviour of concern improve with medication?
- How long is it since medication has been reviewed?

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What is happening in the person's life?

- What does the person do with their time?
- What work, study or leisure activities do they participate in?
- What relationships are important to them?
- Who do they talk to/go to if they need help? Who are their friends, family?
- What choices do they get to make in their life?
- What are their hopes, dreams, and plans for the future?
- What kind of person do they want to be?
- How do they feel about their own behaviour?



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