Your Road Map to Help

Deciding which direction to turn to find help for a person with dementia or an intellectual disability to prevent a behavioral health crisis can be difficult. Keeping the person at the center and doing robust person centered planning are essential to prevent a crisis or move past a crisis, if it occurs. At times, legal decision makers may also help speak on behalf of the person if the person is unable to speak for themselves. **Some key questions might help you find the right path.**

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TO PREVENT A CRISIS

Ask the person:

- Where do you want to live?
- What does a really good day look like to you?
- What do you enjoy doing?
- What do you need to be safe? What do others think you need to be safe? Do you agree?
- Can you tell me about the people who you enjoy spending time with and who care about you?

Ask yourself or others:

- Does the person have a history of behavioral health issues?
- Are they seeing a mental health provider? Is there a plan to support them?
- Are you noticing sudden changes in behavior or mood?
- Do they have a primary health care provider?
- Are there any physical reasons you've ruled out for the changes?
- Can they speak for themselves? Do they have family or friends who know them?
- Is there a crisis response plan in place that is known and shared?



Contact the local Aging and Disability Resource Center for short and long term resources. Talk to primary health care or behavioral health provider for health check. Call Behavioral Health Resource Center, 988 for mental health support or contact Alzheimer's or Intellectual disability specialists for proactive behavioral support.



TO GET OUT OF A CRISIS

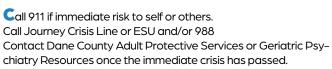
Ask the person:

- What do you want?
- What helped in the past?
- Who would you want to assist?

Ask yourself or others:

- Is there a crisis plan?
- Is the person at risk to harm themselves or others?
- Is this a medical crisis?
- Are they safe where they are, or can changes be made to make them safe where they are?
- Is this an immediate crisis or 911 situation?

Using soft voice inflection when asking these questions or looking for ways to rephrase them may be helpful to not escalate a crisis.





Ask the person:

- What do you want?
- Do you feel you have the support you need?
- What type of support do you need to be safe and return home?

Ask yourself or others:

- Can the person return to their home safely?
- What does the person need to be healthy and stable? What will it take to put those things in place?
- · Can they make their own care decisions?
- What has been learned from the crisis which may help mitigate a future crisis?
- Has a behavioral health or crisis plan been reviewed /updated or created to help respond to a future crisis?

Contact the local Aging and Disability Resource Center and Dementia Support Specialist for ongoing support and planning resources or access to long term care services. For the long term, robust person centered planning with the person is essential, and the plan might include supportive services such as adult centers, care management, IRIS consultants, hospice or palliative care, peer support, residential supports or supported employment.