

Disinhibition

<p>Identify the Problem</p>	<p>PROBLEM: Disinhibition (unwanted sexual behaviors or inappropriate behaviors)</p> <p>GOAL/EXPECTED OUTCOME: To increase caregiver capacity to understand, cope and manage disinhibited behaviors</p>
<p>Explore</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Is the person trying to communicate something to you? • Does the person need to use the bathroom? • Is the person feeling too hot or too cold? • Are the person's clothes on too tightly? • Is the person disoriented (i.e. thinking he/she is in the bathroom and trying to urinate)? • Is the person confused by people's identities (thinking that the store clerk is his/her spouse)? • Is the person confused about the time (thinking it's bed time, and taking clothes off for bed)? • Does the person have an infection, such as a UTI, that could lead to itching/handling of the genital area? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Is the person in need of human contact? • Is the person lonely? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Is the caregiver shocked and embarrassed? • Is the caregiver angry?
<p>Adjust</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Try to find out if the person needs something and direct them to it, such as the bathroom, or different clothing • Try not to react with disapproval or anger. Remember that this is part of the disease and the person is not doing it on purpose • Don't try to reason with the person or explain that it is not appropriate behavior • Ignore the behaviors when possible • Be calm and reassuring when redirecting the person • Try reacting to sexual behaviors by providing extra touch and affection on the person's shoulders, arm, or hand. Smile or give a hug. The person may be expressing a (non-sexual) need for affection and human contact • Substitute a different pleasurable activity that may distract the person • Lead the person to a private place • Use a stalling tactic, such as "We will be alone soon, but let's first go out for a walk" • Take strangers aside and ask that they please excuse the person; tell them that the person has dementia and is not fully aware of his/her actions or what he/she is saying (Some people make up small cards they can quietly pass to wait staff, store clerks, and others that explain this) • If the person frequently undresses, try using hard-to-remove clothing, such as small buttons, pants without zippers, or shirts that zip/button in the back.

	<p>(Keep in mind, however: changing familiar clothing may cause some people difficulty with toileting needs because they do not recognize how to remove the new clothes)</p>
	<p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • Refer to PCP to evaluate for physical illness, medication side effects or causes of discomfort/pain • If non-pharmacological approaches prove unsuccessful, refer to PCP for medications, targeted to specific behaviors, as clinically indicated
	<p>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect® referral ○ Provide Helpline #: 844.HELP.ALZ 844.435.7259 ○ Website: www.alzheimersla.org • Send Literature: <ul style="list-style-type: none"> ○ Topic Sheet – “Disinhibition (Intimacy and Sexuality)”
	<p>FOLLOW UP:</p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p>NOTES:</p> <hr/> <hr/> <hr/> <hr/>