

Strategies to Reduce Client/Resident Stress and Agitation

- ❖ Easy chores– a daily routine or added comfortable task in a stressful moment (comfortable tasks are usually repetitive and simple such as wiping off a table)
- ❖ Turn off noisy external stimulus (TV, Radios, etc)
- ❖ Being listened to
- ❖ Talk to them with soothing tone of voice, communication at eye level, and pleasant facial expression from Caregivers
- ❖ Re-direction to something else of interest
- ❖ Yoga, tai chi, Wii fit or physical activity
- ❖ Walking – outside w/Caregiver
- ❖ Animals – therapy & pets
- ❖ Written schedule or other representation of order of activities (pictures or objects lined up for order of routine)
- ❖ Favorite and/or soothing music
- ❖ Careful humor
- ❖ Prayer, meditation, or other spiritual practices important to the individual

