

ABC Behaviour Log

Observing and recording information about behaviours of concern allows you to objectively consider the factors surrounding the presenting behaviour and identify possible “triggers” to address. Changing either the “A” antecedent or trigger, or the “C” consequences of a behaviour, reduces the impact and frequency of the behaviour.

Date & Time	A = Antecedent (Triggers) What happened immediately before the change in behaviour? - Who was involved? - What activity was going on? - When did the behaviour occur? - Where did the behaviour occur? - How (in what way or manner?) <i>(Consider any potential unmet needs.)</i>	B = Behaviour What was the behaviour you would like to change? - Describe the behaviour observed i.e. yelling, kicking, swearing. - What happened? - How long did it last? <i>(Do not try to guess emotions.)</i>	C = Consequences (Responses) What happened after the behaviour occurred? - How did the person living with dementia respond? - How did others around the person respond? - Who else was involved?

Refer to:

<https://www.dementiahub.sg/dementia-practice/responding-to-behaviour-changes-using-the-abc-approach/>

for more information on how to use the ABC Behaviour Log

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