



# **Caring for People with Challenging Behaviors: Essential Skills and Successful Strategies for Long- Term Care**

*Stephen Weber Long*

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In *Caring for People with Challenging Behaviors*, caregiving staff can find effective ways to prevent, reduce, or eliminate disruptive behaviors exhibited by residents in long-term care settings. Nearly 80% of LTC residents have some degree of moderate to severe behavior problems, stemming from mental illness, dementia, difficult personalities, longstanding behavior patterns, or personal distress. This new book provides practical, evidence-based coping and intervention strategies for use in care planning and day-to-day care. Through vignettes of readily recognizable resident types, staff will learn to understand what triggers and reinforces residents' challenging behavior. Solutions come from identifying the interpersonal ABCs of behavior the antecedents, the behaviors, and the consequences and using communication techniques and other effective psychological approaches to encourage positive behavior.

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