

PIECES™ can help you understand the person living with dementia and find ways to help them feel more comfortable and content, which may avoid or reduce changed behaviours.



P

Physical cause

Evaluate whether there's a physical cause underlying the behaviour or mood. Does the person have pain, discomfort, an infection or constipation? Has there been a change in medication? A change in appetite or mobility? Have they had a fall?

I

Intellectual abilities, capacity

How is the person's memory and thinking affecting them? Are they disorganised? Are they confused or frustrated by too many instructions or choices? Have their problem-solving skills deteriorated?

E

Emotional health

Are there things in the environment that are troubling the person? Is the person sad, lonely, afraid? Are they grieving for something or someone? Do they have depression or anxiety? Consider any mental health history.

C

Capabilities

Is the person being supported to maintain their level of function and do (some) things on their own? Are activities offered to them suited to their current ability? Will helping them to initiate things get them started with choosing what to wear, eating a meal, going outside for a walk, or taking part in an activity?

E

Environment (physical & social)

Can the person safely and easily find their way around – to the toilet, the dining area and their room? Is it too hot, too cold, too noisy or too quiet for them? Is it cluttered, confusing, unfamiliar? Do they have access to natural light and outdoor areas? Consider the social environment.

S

Social self

Get to know the person – what is their life history, likes and dislikes, preferred daily routines. Are their cultural and religious needs being met? Who and what is important and meaningful to them? How do they like to interact with others?

For more information on the PIECES™ approach: <https://pieceslearning.com/>