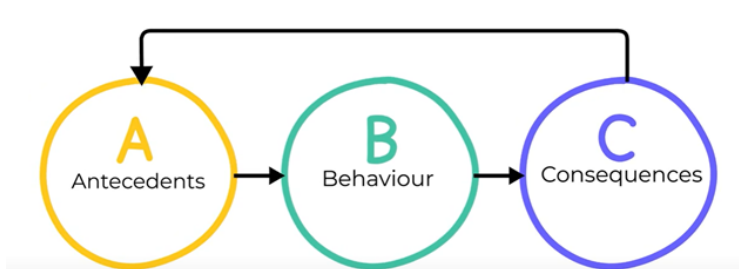


The ABC approach

Try the **ABC** to work out the issues and the possible solutions for dementia-related changed behaviour.

The **ABC**:

- ✓ gives you a structured way of finding out what is happening for the person
- ✓ helps you to work out the causes and how to respond
- ✓ uses a person-centred approach




Cohen-Mansfield J. (2000)



A the **antecedent** (*anty-seed-ent*)
What happened before the behaviour?
What was the triggering event?
Where did it occur?
What else was going on in that situation?

B the **behaviour**
Describe it precisely.
How long did the behaviour last?
When and where?
What exactly was said and done.
Is this a new or recurring behaviour?

C the **consequences**
What happened after the behaviour?
What was done?
What interaction occurred?
What else happened as a result?

 the **consequences** can also become an antecedent for the behaviour

The ABC approach can help you to understand a person's behaviour by looking closely at **the person** and all the circumstances surrounding the behaviour - not just focusing on the behaviour itself.