



Helpful dementia care strategies & techniques for use during COVID-19

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**AGE**

Advanced Gerontological  
Education



Gentle  
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Dementia Care Curriculum

# Supporting Persons with Responsive Behaviours During COVID-19?

We've included the activity below as a gentle reminder about the value of GPA's **Stop and Go** approach in daily care.

## Stop and Go



Stop and Go can be applied by simply taking your focus off of the task and making the person a priority, acknowledge their distress. Offer reassurance, explanation, choice and control as much as possible. Use validation.

### Stop and Go

Use this approach to prioritize the person over the task.  
Consider how you can apply Stop and Go in your daily care activities.



#### Stop | provide the person with a sense of relief

How can you change your focus from the task to the person?

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#### Think | consider how they are feeling in the moment

Why might the person be responding this way?

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#### Observe | reflect on their message and your response

How is the person's behaviour changing as you take a step back?

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#### Plan | know when to restart with a new approach

How can you modify your approach now and in future interactions?

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- GO**
- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Introduce yourself and your role  | <input checked="" type="checkbox"/> Use validation          |
| <input checked="" type="checkbox"/> Let the person know your plan     | <input checked="" type="checkbox"/> Try creative approaches |
| <input checked="" type="checkbox"/> Stand in the reassurance position | <input checked="" type="checkbox"/> Enhance communication   |
| <input checked="" type="checkbox"/> Incorporate a person's past       | <input checked="" type="checkbox"/> Pay attention to cues   |
| <input checked="" type="checkbox"/> Minimize environmental triggers   | <input checked="" type="checkbox"/> Flag sudden changes     |