

## Becoming a Behavioural Detective: Supporting Complex Behaviour in Elder Care



Kim Barthel, OT, is a proponent of “putting your mind in the mind of the other”, she teaches globally about understanding what is behind complex and responsive behaviours. Her specialties include attachment, trauma, addiction, sensory processing, movement, and learning. Neurobiology is integral to Kim’s focus – because the more we understand how the brain works, the more we can feel compassion for ourselves and others, naturally reducing the shame and division between us.

The focus of this engaging workshop is to better understand responsive behaviours in an older adult and geriatric population and develop strategies such as adapting the environment and modifying current interactions to promote quality of life for all involved. Integrated approaches that will assist participants to “look beyond the behaviour”, and understand how any person’s behaviour is a manner of coping will be discussed.

Relationship building skills for those working with or living with an individual with a spectrum of neurological and developmental disabilities and who display responsive behaviours will be highlighted. Kim will bring to you a better understanding of the integrated neurobiology of sensory processing and emotional/neurobiological problems resulting in responsive behavior. This workshop will:

- Describe the neurobiology of responsive behaviours
- Distinguish between sensory, emotional and cognitive components of behaviour
- Provide tools and insights to really "look beyond behaviour" and understand how behaviour is communicating the unmet need
- Offer relationship building skills to support individuals with complex behavioural challenges and dementia