

TOPIC:

Behaviour After Stroke



Behaviour After Stroke



After a stroke, people may experience changes in behaviour that can be the result of damage to the brain.

Some changes may include:

- Quick shifts in emotions
- Anger and aggression
- Lack of interest/energy
- Actions that are out of character for the person

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The impact of stroke on behaviour depends on:

- where the stroke was in the brain
- how long ago it happened
- how severe the stroke was
- how they behaved before the stroke

How the person is adapting to the effects of the stroke can affect behaviour as well.

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What you should know:

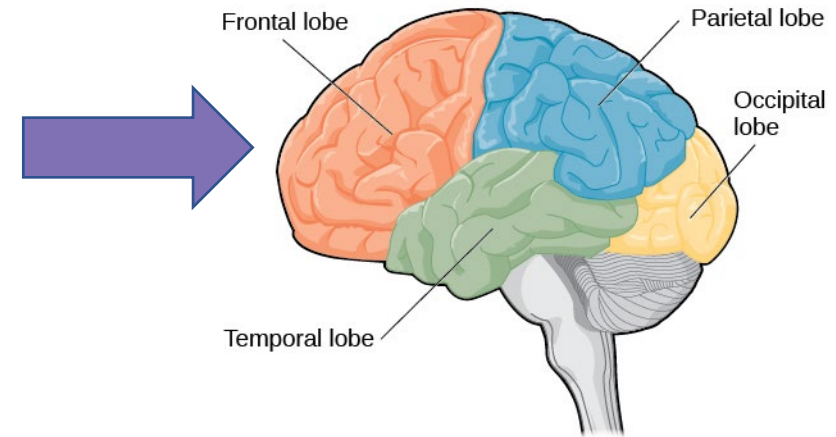
- ✓ All behavior has meaning
- ✓ Common triggers include:
 - Pain
 - Loneliness
 - Boredom
 - Frustration due to lack of independence
 - Frustration due to difficulty communicating

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What you should know:

- ✓ Behaviour changes are commonly related to damage to the frontal lobe
- ✓ Behaviour changes are not attention seeking, but are most likely due to the stroke, and may be the person's way of expressing their needs



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What you should know:

- ✓ Changes may not be consistent
- ✓ Stroke can have an impact on personality
- ✓ Some people may have less control over their emotions
- ✓ Laughing or crying at inappropriate times can occur
- ✓ Behaviour changes can impact a person's quality of life

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Smart Tips:

Recognize



- Identify what triggers responsive behaviours and share information with the team
- Be aware when someone is starting to feel anxious or frustrated and consider how you might respond

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Encourage & Support



- Look for ways to promote independence
- Offer to take a break
- Explain what you are planning to do
- Identify coping strategies
- Encourage involvement in meaningful activities

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Strategies



- Get to know the person and what they enjoy
- Speak in a quiet, calm manner
- Reinforce positive behaviour
- Keep a consistent routine and respect preferences when possible
- Offer reassurance that loss of emotional control is common after stroke
- Use a problem solving approach to care
- Share known triggers and effective coping strategies with the team

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Seek extra support

- ✓ Family can help you learn more about the person you are caring for
- ✓ Recreation Therapists are skilled in supporting persons with stroke to engage in meaningful activities
- ✓ If you are struggling with behaviour challenges, connect with the team to involve other professionals or access additional supports

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