Resident-Resident Aggression in Residential Care

Why does it happen?
What can we do to minimize its occurrence?

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Resident-Resident Aggression is a Complex Phenomenon.....
Understanding Resident-Resident Aggression - A Multifactorial Approach

Resident Factors

Facility Factors

System Factors

Resident-Resident Aggression
Resident Factors

- Cognitive Impairment*
- Medical & Psychiatric Illness
  - eg. Pain, Depression
- Personality Factors
- Life Experiences
  - Trauma History
  - Conflict resolution
  - Sports – contact vs other
Cognitive Impairment in the Nursing Home Environment

Canadian Study on Health & Aging 1997

- 13.1% No cognitive Impairment
- 86.9% Cognitive Impairment
  - 30.0% Cognitive Impairment – Not Dementia
  - 56.9% Dementia

CSHA - Lancet 1997; 349: 1793–96
Most common cognitive challenges in Residential Care Settings:

Executive Functioning

Frontal lobe is responsible for much of the executive functioning of the brain.

These functions include:
- Attention
- Working memory
- Planning, organizing
- Forethought
- Impulse control
Resident Factors

- Cognitive Impairment
- Medical & Psychiatric Illness
  - eg. Pain, Depression
- Personality Factors
- Life Experiences
  - Trauma history
  - Conflict resolution
  - Sports – contact vs other
Facility Factors

- Size of Facility
- Environment – over stimulating/understimulating
- Culture of Care –
  - Institution-focused care vs.
  - Person-Centered/Relationship-Centered Model
- Staff
  - Selection – Passion vs. Pay-cheque
  - Numbers & Mix
  - Training and support
  - Workplace wellness & empowerment
- Leadership Factors
System Factors – Examples include:

- Health care system components have poor understanding of residential care complexity
- Residential Care Processes
- Societal views of elders who are physically frail and cognitively impaired
What must we do to address these various issues?

In the Short Term –

- Push hard for a Person-Centered Culture of Care*
- Optimize Mental Health supports/Medical supports
- Support transitions into Residential Care well
Person-Centered Care

PCPEARLS™

- Person-centred and family engagement
- Care – that is individualized & knowledgeable
- Processes
- Environment
- Activity/Recreation
- Leadership!
- Staffing (right number, skill set, interest, mix)

Alzheimer Society of Canada – Market Research Project 2013
What must we do to address these various issues?

In the Short Term –

- Push hard for a Person-Centered Culture of Care
- Optimize Mental Health supports/Medical supports
- Support transitions into Residential Care well
What must we do to address these various issues?

- In the longer term
  - Conduct conversations in our society regarding the value and wisdom of our elders –
  - Create different kinds of living situations for frail elders where their value is reflected & what they have to teach us is fully embraced.
We know it can be done....
We must will it to be done...