

STEADIER GROUND FIELD CARD

Combative During Hands-On Treatment

READ THE FIGHT AS PAIN FIRST

- The validated dementia pain scale (PAINAD) scores pushing away, striking out, rigid body, and clenched fists as top-range pain indicators, not behavior.
- Where the resistance starts is a localization. Document it.
- Read the face: grimacing, frowning, frightened expression, moaning, can't be reassured.

TRY SAYING

- "I'm going to touch your arm now." Announce every contact, every time.
- "Does this hurt?" Then read the face, not the answer.
- "I'm here to help you feel better."
- "Can you hold this for me?" Give the hands a job.

AVOID SAYING

- "Hold still, I'm almost done."
- Clinical talk over their head to your partner.
- "Stop fighting me."

GETTING THE ASSESSMENT DONE

1. Create space first: step back, drop your hands, give it a few seconds.
2. Cut the sensory load: fewer people, lights and radios down, one voice.
3. Eye level, approach from the front.
4. One step at a time, demonstrated.
5. Use the caregiver's voice. Ask what usually helps.
6. Ask whether it has to happen here and now.

Restraint and sedation: per your protocol. Ask the pain question first where you can.

find steadier ground

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