



Community Guidelines:

Utilizing the Behavioural Supports Ontario-Dementia Observation System (BSO-DOS[®]) with Family Care Partners

Are you a clinician working in the community and see benefit in utilizing the BSO-DOS[®]? The following are guidelines to assist family¹ care partners in contributing to the completion of the tool:

- ✓ Ensure that you familiarize yourself with the BSO-DOS[®] and its supporting resources (available at www.brainxchange.ca/BSODOS).
- ✓ Print the BSO-DOS[®] on two pages (not double sided) and consider leaving only the Data Collection Sheet (*page 2*) in the home.
- ✓ Complete Step #1 (*on page 1*), the Background section.
- ✓ Introduce the BSO-DOS[®] to the family care partner and explain the benefit of its use:
 - The BSO-DOS[®] helps to provide a snapshot of the person by recording what they are doing over a period of a few days. The information collected can help to identify patterns and factors that contribute to responsive behaviours/personal expressions. This information is important in finding approaches and strategies that work best for their family member.
 - Explain the specific reason why the BSO-DOS[®] is being suggested for their family member. Refer to the completed Step #1 (*on page 1*) Background section.
- ✓ Let the family care partner know that their assistance will be needed in completing Step #2, the Data Collection Sheet (*on page 2*). Explain that you will help to complete much of Step #3 (*on page 1*), the Analysis and Planning section. You will complete the table and discuss with them what was learned through the information collected on the Data Collection Sheet. Affirm that you will work with them to plan Next Steps (*on bottom of page 1*).
- ✓ Review the Data Collection Sheet (*on page 2*) with the family care partner:
 - Note that the BSO-DOS[®] is often completed by health care teams providing 24 hour care. A family care partner completing the BSO-DOS[®] is not expected to stay awake to record what the family member is doing every 30 minutes. If the family care partner is awake at night they can add relevant information, but it is OK for there to be blanks.
 - Discuss and decide on how many days it is both possible and realistic for the family care partner to complete the Data Collection Sheet. Ideally it is for 5 days, but this may be too time-consuming. Do they feel that they can manage this for 3 days? Or is there a certain period in the day that is best (e.g. 8am to 8pm)? Set the goal together and indicate this goal on the Data Collection Sheet (e.g. fill the selected dates out in the D/M/Y row or cross out the times that aren't included in the goal).
- ✓ Review the Observed Behaviours legend (*on page 2*) with the family care partner:
 - Demonstrate how to write the number from the legend in the Observed Behaviour column for the specific time observed.
 - Review each Observed Behaviour category.

¹ **Family:** Refers to individuals who are related (biologically, emotionally or legally) and/or have close bonds (e.g. friendships, commitments, shared households and romantic attachments). A person's family includes all those whom the person identifies as significant in his or her life (e.g. children, friends, substitute decision-makers, groups and communities) (Registered Nurses' Association of Ontario, 2015).

- Stress the importance of capturing ‘Positively Engaged’ times and discuss examples specific to their family member (e.g. What does she enjoy? How do you know when she is happy or enjoying the moment? What does she do or say in these moments?).
 - Consider simplifying/tailoring the legend for ease of use for the family care partner. For example, highlight terms in the legend that resonate with the family care partner (e.g. highlight ‘pinching’ if the family member mentions ‘*Yes, sometimes he pinches me when I am helping him to the bathroom*’). If she states that he *never* expresses specific behaviours listed (e.g. biting, choking others) you can cross them out. If the family care partner provides examples when discussing each Observed Behaviours category, write the exact word(s) used under ‘other’. If a whole category (specifically #4 -10) is not relevant, it can be crossed out completely.
- ✓ Review the Context legend (*on page 2*) with the family care partner.
 - Explain that an important part of understanding responsive behaviours/personal expressions is observing and noting what is happening at that moment in time. Finding out this information helps to identify unmet needs and to find strategies to ultimately meet those needs.
 - Consider simplifying/tailoring the legend for ease of use for the family care partner (e.g. cross out ‘R’ and ‘S’ if not relevant).
 - Explain context doesn’t need to be recorded every half hour, just when it seems relevant.
 - ✓ Let the family care partner know they can ignore the ‘Initials’ column.
 - ✓ Provide additional blank paper for the family care partner to jot down any additional thoughts/observations.
 - ✓ Ensure the family care partner has your contact information in case any questions arise during the observation period.
 - ✓ Return to collect and review the Data Collection Sheet. Highlight the numbers on the Data Collection Sheet according to the colour-coded legend. Complete the analysis table in Step #3 (*on page 1*) Analysis & Planning (see the Resource Manual for further instructions). Review these results with the family care partner. The highlighted Data Collection Sheet might be helpful as it illustrates trends visually.
 - ✓ Consider and discuss with the family care partner the next two questions in Step #3. Complete section accordingly.
 - ✓ Discuss and decide the next steps with the family care partner. Complete the Next Steps section accordingly.

We would like to hear feedback from you and from the family care partners regarding the use of the BSO-DOS[®] in the community.

Please complete this survey with the family care partner or based on the feedback you received:
<https://www.surveymonkey.com/r/BSODOS-Family>

And/or

Please complete this survey as to provide your insights and suggestions:
<https://www.surveymonkey.com/r/BSODOS-CommunityClinician>

Feedback received will inform next steps related to the use of the BSO-DOS[®] in the community.

