BSO-DOS© Community User Guide

Family Care Partners

The BSO-DOS© is a tool for behavioural assessment and care planning for persons living with dementia. It is a reliable direct observation tool, providing objective data about a person's behaviour every thirty minutes over five consecutive days. The data collected within the BSO-DOS© is used to identify patterns, trends, and contributing factors associated with responsive behaviours/personal expressions. This information is important in finding approaches and strategies that work best for your family member.

Your clinician will write the days you have agreed to record information here.

Write the number(s) in each ½ hour time block associated with the behaviour category you observe (from the 'Observed Behaviours' legend).

Note any relevant context when the behaviour is observed in the context column using the letter(s) from the 'Context' legend. This does not need to be filled out each half hour.

Check the specific behaviour(s) observed under the behaviour category in the 'Observed Behaviour' legend.

If needed, add additional relevant context (that is not already listed in the context legend) as X or Y.

	Observed Behaviour*	Context
D/M/Y	10/06/2025	
0700	1	
0730	2	
0800	4	C
0830	3	
0900	2	
0930	2	
1000	2	
1030	4 5	A

Observed Behaviours
(For #3-8, check specific behaviours as you observe)

1 (Blue) Sleeping

2 (Green) Awake/calm

3 (Green) Positively engaged
- ☐ Conversing
- ☑ Engaging in activity
- ☐ Hand holding
- ☐ Hugging
- ☐ Kissing
- ☐ Laughing
- ☐ Singing
- ☑ Smiling
- ☐ Other:_____

4 (Yellow) Vocal expressions (repetitive)
- ☐ Asking questions
- ☐ Crying
- ☐ Grunting
- ☐ Humming
- ☑ Moaning
- ☑ Repeating words
- ☐ Requests
- ☐ Sighing
- ☐ Other:_____

5 (Yellow) Motor expressions (repetitive)
- ☑ Banging/rattling
- ☐ Collecting
- ☐ Disrobing
- ☐ Entering others' spaces
- ☑ Fidgeting
- ☐ Grinding teeth
- ☐ Pacing
- ☐ Rocking
- ☐ Rummaging
- ☐ Trying to leave
- ☐ Other:_____

6 (Pink) Sexual expression of risk
- ☐ Sexual comments/questions
- ☐ Requesting sexual favours
- ☐ Sexual threats
- ☐ Sexual gestures
- ☐ Exposing genitals
- ☐ Self-pleasuring in others' presence
- ☐ Unwanted touching
- ☐ Forcing others into sexual acts
- ☐ Other:_____

7 (Purple) Verbal expression of risk
- ☐ Derogatory insults
- ☑ Screaming/yelling
- ☐ Swearing
- ☐ Threatening
- ☐ Other:_____

8 (Orange) Physical expression of risk
- ☐ Biting
- ☐ Choking others
- ☐ Grabbing
- ☐ Hair pulling
- ☑ Hitting/slapping
- ☐ Kicking
- ☐ Pinching
- ☐ Punching
- ☐ Pushing
- ☐ Scratching
- ☐ Self-injuring
- ☐ Spitting
- ☐ Throwing
- ☐ Other:_____

9 Other:_____
10 Other:_____

Context
- **A: Alone**
- **C: Personal Care** (e.g. bathing, incontinent care, toileting)
- **F: Family/visitors present**
- **L: Loud/busy environment**
- **Q: Quiet environment**
- **R: Expressions directed at Resident/patient/visitor(s)**
- **S: Expressions directed at Staff**
- **X: Other:** Pain medication given
- **Y: Other:** _____