

# Common Triggers for Challenging Behaviors in Home or Workplace Checklist

Observe your loved one or client for these common triggers and use the products checklists for lighting, noise and safety and the correlating shopping lists to help you make adjustments needed

## NOISES

- ☐ Slamming doors
- ☐ Loud TV
- ☐ Loud Radio
- ☐ Repetitive noises

## LIGHTING

- ☐ Shadows
- ☐ Too bright light
- ☐ Poor lighting (difficult to see)

## OBJECTS

- ☐ Keys (will try to leave if they see it)
- ☐ Wallet/Purse ( or lack of one ,might trigger fight)
- ☐ Snacks or food sitting out (might trigger hoarding)
- ☐ All white bathroom (poor depth perception)
- ☐ Work shoes (or lack of shoes)
- ☐ Clutter (trip hazard and causes anxiety)