



fraserhealth

# PRO-ATTENTION PLAN

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Form ID: IN DEVELOPMENT

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## What a Pro-Attention Plan is

The Pro-Attention Plan is an efficient, objective way to provide the person with needed attention at a more convenient time for the care providers and other team members. The premise of the Pro-Attention Plan is to give attention before the individual seeks out attention in ways that can be disturbing to others. Also, it is important that this attention is separate from providing care, administering medications and meals.

Using the pro- attention plan has a high success rate for decreasing the frequency of behaviours negativity identified as 'attention-seeking'. The individual receives approximately a half an hour of extra attention/week than previously received. The plan helps the person feel the team is being more responsive to his or her needs. The team is responding to the person using a positive and validating approach. A reported difference in the individual's behaviour can occur after this plan has been utilized consistently for approximately one week. Often, plan implementation decreases as the team feels it is less necessary (usually one month).

## Planning the Pro-Attention Plan

- Members of the care team sign up for this pro-attention approach.
- At least five team members are preferred; these can include a volunteer, chaplain, social work, recreation therapy, registered staff, Director of Care, etc.
- Each team member chooses a time slot (min. once/week; maximum 7x/week).
- The time slots are either for the morning or the afternoon, as opposed to a specific time. These timeframes allow for enhanced flexibility as the care team member has a block of time within which to visit or call the individual.

## Spending “Pro-Attention” Time with the Person

- Each team member provides three minutes of attention, within his or her morning or afternoon time slot. This amount of time, though short, is enough to be noticed and appreciated by the person, yet practical enough to accommodate any care team schedule.
- The Pro-Attention plan can be used with the person who is severely impaired or the person who is functioning at a higher level of cognitive ability.
- To accommodate for varying capabilities, simply alter the three-minute activity.
- Team members are cautioned not to spend the three minutes interrogating the person i.e. asking them how he or she feels, what the person have for breakfast, what he or she doing today, did she or he hear from the family member, etc.
- Team members can allow the person to spend the time complaining about his or her physical illness, speaking about his or her psychiatric disorder, etc., if that is his or her wish. Some may worry that this is 'feeding into' the person's behaviours or thought-disorders; however, the team can be assured that this attention would make the individual feel better, not make the behaviours worse.