

If you notice a change in someone you are caring for:



STOP AND WATCH





Place a check mark in the circle next to any changes in participant behaviour. Report changes to your supervisor **today**.

- S** Seems different than usual
- T** Talks or communicates less
- O** Overall needs more help
- P** Pain level increased; participates less in activities

- A** Ate less than usual
- N** No bowel movement for 3 days, or has diarrhoea
- D** Drank less than usual

- W** Weight gain or loss
- A** Agitated or nervous
- T** Tired, weak, confused, drowsy
- C** Change in skin colour or condition
- H** Help with walking, transferring or toileting more than usual

 **No change observed**

 **Change in condition** - *3 or more symptoms escalate to your manager and/or team leader

A ACT – you need to act now

C Contact your supervisor

T Take 5 to reflect on what you need to do and document

Waiting to report a change in condition can have serious results.

When in doubt, fill it out.

Adapted from Interact *Stop and Watch* Early Warning Tool, Florida Atlantic University. 2014.



Li-Ve
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HEALTHY DYING
FOR PEOPLE WITH DISABILITY