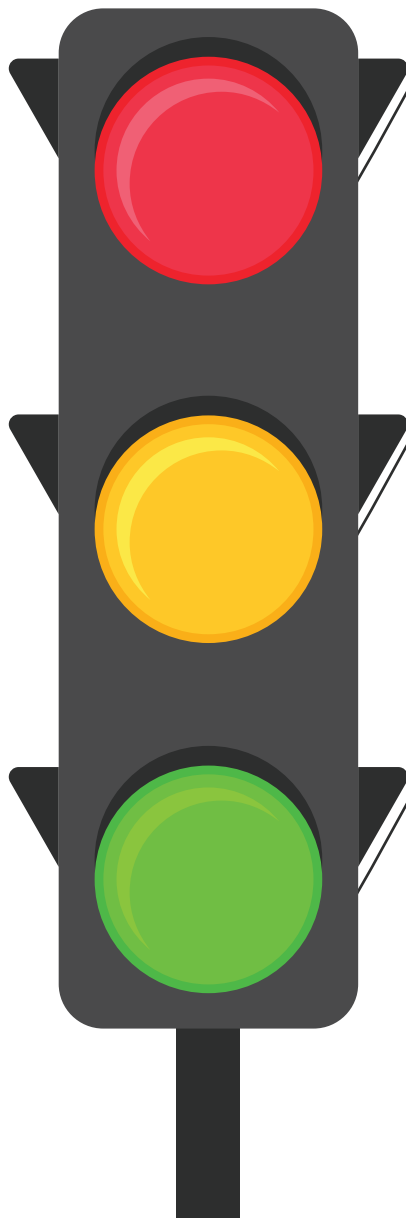


Check the Daily *Traffic*

Use this handout to talk about the need to “stop, look, and listen” each day.

A traffic light can be a good metaphor for this process, representing the concept that behaviors communicate messages.



Red indicates behaviors that are of great concern and need immediate attention.

- Sudden changes in behavior
- Pacing
- Refusing meals
- Crying out, seemingly in pain
- Shuffling of feet
- Sudden increase in incontinence
- Sleeplessness

Yellow signals behaviors to monitor. They may be temporary, but can continue if physical or environmental issues remain

- Changes in energy
- Not doing favorite activities
- Changes in personality
- Changes in eating patterns
- Changes in bathroom habits
- Facial expression that seems sad or pained
- Increased anxiety
- Changes in sleep patterns

Green represents behaviors that communicate “all is well.”

- Laughter
- Smiles
- Participating in activities
- Healthy appetite
- Responsiveness to staff
- Attention/hugs/touch
- Adequate sleep