



# PUS-AP

OPTIMIZING PRACTICES, USE, CARE AND SERVICES - ANTIPSYCHOTICS

*Fewer antipsychotics*

**FOR YOUR LOVED ONE LIVING IN LONG-TERM CARE IT'S POSSIBLE!**

**Do you have any questions regarding this initiative?**

*Write them here!*

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Resource person to discuss your loved one's case.

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*« In the province of Quebec, many residents living in residential and long-term care centres (CHSLD) have been prescribed an antipsychotic medication even without a diagnosis of psychosis. An initiative in our long-term care centre is taking place to change this practice. »*

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If your loved one is taking antipsychotics, we believe that his quality of life will improve if those medications were gradually replaced with a care approach adapted to your loved one's needs. This approach includes interventions other than taking antipsychotics.

### Why are antipsychotics prescribed?

Antipsychotics are sometimes prescribed to seniors who have behavioural symptoms related to Alzheimer's disease or other types of dementia: verbal aggression or physical agitation, sleep disorders, wandering, etc. Research shows that these medications are not very effective at managing these behaviours and that it is possible to use different approaches to care.

### For you and your loved one: The benefits of reducing or discontinuing antipsychotic use

- Your loved one will be more alert, improving communication.
- Participation in social activities and in activities of daily living will improve.
- Risk of falling will decrease (or will be lower).
- Active participation in care will increase.

### STEPS TO REDUCING OR DISCONTINUING ANTIPSYCHOTICS

- 1 The team will consult you to better understand your loved one's needs and to learn his or her life story.  
The team will discuss alternative approaches and interventions to put in place (e.g.: recreational therapy, music therapy, etc. ).
- 2 Meanwhile, the medical team will review your loved one's medication and gradually reduce the antipsychotics.
- 3 The entire team will continue to monitor your loved one's response to the change in antipsychotics. They will share their observations with you, ask you to share yours and adapt accordingly.
- 4

### *Your attendance at the team meeting (huddle)*

You will be invited to the first team meeting (huddle) to learn about the initiative. Your loved one's care team will be present. You are in the best position to observe changes in your loved one as we reduce the antipsychotics.