

# FTD BEHAVIOR TRACKER



Certain common behaviors in FTD – including aggression, delusions, wandering, depression, apathy, sleep disturbances, and more – can be challenging and distressing for both the person living with the disease and their care partner. These behaviors are often an expression of an unmet need, a negative emotion, built up anxiety from a number of stressors, or an unpleasant sensation, such as pain or discomfort.

In some situations, you may be able to identify specific factors that consistently lead to certain behaviors. For example, a television played at high volume may cause a person with FTD to become agitated. Identifying and modifying or avoiding these factors where possible can help to create a more supportive environment: to prevent agitation, turn down the TV.

However, sometimes the causes of disruptive behaviors are not easily apparent. This form can help. When looking at possible causes of specific behaviors, you sometimes need to play detective. It is good to remember that there will be times where there is no direct cause.

## Questions you want to ask:

- **Who?** Identify who is involved/present - a care partner, a health care provider, a specific relative?
- **What?** Identify and describe the target symptom or reaction - anger, fear, extreme restlessness?
- **When?** Does the behavior often occur at a specific time? Only in the morning? Late afternoon? After lunch?
- **Where?** Is the behavior location-specific? In the dining room or the bathroom? Outdoors? At a busy grocery store?
- **Why?** Identify any possible causes or events leading to the behaviors. Also note anything important that occurs after the event.
  - **Also:** Take note of comments from others on behaviors that they feel have changed.

AFTD's HelpLine is available to suggest possible approaches or questions you may have before meeting with your care team about a specific behavior or symptom. **AFTD HelpLine 1-866-507-7222 or [info@theaftd.org](mailto:info@theaftd.org)**

Date & Time	Describe the behavior in as much detail as possible.	Reflection/ Potential Approach
7/24/22 3:00 p.m	My husband suddenly became agitated and went room to room yelling. I was on the phone with my daughter. Once he found me, he went back to his chair and was calm again. No one else was present.	Did the phone ringing cause the behavior?

**The Association for Frontotemporal Degeneration**  
**[theaftd.org](http://theaftd.org) | HelpLine: 1.866.507.7222 | [info@theaftd.org](mailto:info@theaftd.org)**

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