

B.A.N.G.S. Technique for De-escalation

Ron has dementia. He normally has some mints in his lounge, but has recently finished them. He has forgotten that he finished them. Ron's son, Chris, is visiting him, so asks if he ate them.

Ron: Chris, where have all my mints gone?

Chris: I don't know dad.

Ron: Did you eat all of them?!

*Ron has accused his son of taking things before, and his son knows it is best to stay calm. So, he breathes (**B**) before responding. He assesses the situation and decides that accepting (**A**) blame will be the quickest and calmest way to solve the situation.*

Chris: Oh, I may have had the last one. You know how much I love them, Dad.

Ron: I know, but you ate them all!

*Chris knows never (**N**) to argue. So, he goes (**G**) with the flow.*

Chris: You're right dad, I shouldn't have had your last one. Sorry (**S**). I'll get you some more from the shop.