

Introducing the BASELINE System

Practical tools and training for better dementia care

Thank you for taking an interest in the BASELINE System.

The **BASELINE** and **SPECTRUM Observation Frameworks** are practical tools that help carers and professionals recognise, organise and communicate meaningful acquired change. By providing a structured way to record observations, they can improve consistency across teams and support clearer conversations with healthcare professionals when concerns arise.

They are designed to be useful in their own right, but they are also part of something bigger.

The **BASELINE System** is a flexible collection of practical resources that organisations can adopt in whatever way best meets their needs. Some services begin by using the free Observation Frameworks. Others choose additional resources to support brain health, structured assessment, clinical decision making, future planning or post-diagnostic support. Some implement the complete BASELINE System as a consistent approach across their organisation.

Whatever the starting point, the aim is always the same - to help people receive the right support, at the right time, from confident staff who understand what they are seeing and know what to do next.

THE BASELINE SYSTEM

A complete toolkit for earlier recognition, informed decisions and proactive support

• FROM FIRST CONCERN TO ONGOING SUPPORT •



Training tailored to your organisation

No two organisations are the same, so neither is our training.

Whether you're looking for a dementia awareness session, practical training on recognising meaningful change, or support implementing the wider BASELINE System, we can tailor training to suit your service, your staff and your goals.

Our programmes are practical, interactive and designed for real-world care, giving learners the confidence to apply what they have learned immediately in everyday practice.

To find out more about our training programmes, visit www.arraglen.com or email hello@arraglen.com.

B • A • S • E • L • I • N • E

Dementia Recognition Framework for Learning Disabilities

Supporting early recognition of meaningful change from baseline.



Know the person.

Notice the change.

Rule out other causes.

Act early for better dementia care.



BEHAVIOUR & EMOTION

Changes in how a person behaves, feels or responds to situations.

- More anxious, worried or fearful
- More irritable, agitated or frustrated
- Mood swings or low mood
- Less confident or more withdrawn



APPETITE & WEIGHT

Changes in eating, drinking or weight.

- Eating or drinking more or less
- Changes in food preferences
- Difficulty chewing or swallowing
- Weight loss or gain without trying



SKILLS & ROUTINES

Changes in everyday skills or the ability to follow routines.

- Needs more prompts or reminders
- Trouble with personal care or self-care
- More accidents or mistakes
- Less able to follow usual routines



EXPRESSION & TALK

Changes in how a person communicates or expresses themselves.

- Speaking less than usual
- Difficulty finding words
- Less able to express needs or feelings
- More repeating words or sentences



LOSING INTEREST

Changes in enjoyment or motivation for things they usually like.

- Less interest in hobbies or activities
- No longer enjoys things they usually do
- Less social interaction or withdrawal
- Reduced motivation or engagement



INCREASED CONFUSION

Changes in memory, understanding or awareness of time and place.

- More forgetful than usual
- Getting 'lost' in familiar places
- Confused about time or routines
- Needs more help to make decisions



NEURO & PHYSICAL

Changes in movement, physical ability or neurological function.

- Changes in walking or balance
- Tremor or stiffness
- Weakness or changes in coordination
- More falls or more frequent falls



EPISODES / EPILEPSY

Changes in episodes, fits or seizure patterns.

- Different type of episode
- More confusion after episodes
- Change in frequency or duration
- More seizures or fits



SYMPTOMS MAY NOT BE DUE TO DEMENTIA

Changes can be caused by many other reversible or treatable factors.



Always use the **B.A.S.E.L.I.N.E Checklist** to consider and rule out other possible causes. This helps avoid misdiagnosis and ensures the right support is given.



THIS IS NOT A DIAGNOSTIC TOOL

The B.A.S.E.L.I.N.E Dementia Recognition Framework is a guide to support early recognition of meaningful change.

It does not diagnose dementia.
Only a trained healthcare professional can make a diagnosis.



If symptoms are sudden and/or rapidly fluctuating, think **DELIRIUM**, think **SEPSIS**.
Seek advice from a clinician.

S • P • E • C • T • R • U • M

Dementia Recognition Framework for autistic adults

Supporting early recognition of meaningful change from baseline.



Know
the person.



Notice
the change.



Rule out other
causes.



Act early for
better dementia care.



SENSE OF SELF & BEHAVIOUR

Changes in personality,
behaviour or how
they seem.

- Less like their usual self
- More anxious, irritable or agitated
- Loss of empathy or warmth
- New disinhibition or poor judgement



PARTICIPATION & DAILY FUNCTIONING

Changes in independence,
daily tasks or
taking part.

- Needs more help than before
- Struggles with usual daily tasks
- Takes longer to complete familiar activities
- Less involved in hobbies or activities



EXPRESSION & COMMUNICATION

Changes in communication,
language or understanding.

- Finding words more difficult
- Less able to follow conversations
- More misunderstandings
- Less verbal or more shutdowns



COGNITION, THINKING & CONFUSION

Changes in memory,
thinking or problem solving.

- Forgetting or repeating questions
- More confusion or disorientation
- Difficulty concentrating
- Struggles with decisions or problem solving



TOLERANCE, SENSORY CHANGE & TRANSITIONS

Changes in how they cope
with the world around them.

- Less able to cope with noise, light or crowds
- More distressed by change or transitions
- New or stronger sensory sensitivities
- Avoids places or situations they used to manage



RIGIDITY, ROUTINES & REPETITIVE BEHAVIOURS

Changes in routines, repetition
or need for sameness.

- More repetitive behaviours
- Increased need for routines or sameness
- More distress when routines change
- New checking or repetitive questioning



UNUSUAL PHYSICAL, NEUROLOGICAL & MOVEMENT SIGNS

New physical, neurological
or movement changes.

- Changes in walking, balance or coordination
- Falls, tremor or stiffness
- Swallowing or continence changes
- Sleep pattern or alertness changes



MOOD, MENTAL HEALTH & WELLBEING

Changes in mood, motivation
or emotional wellbeing.

- More anxiety, sadness or low mood
- Loss of interest or enjoyment
- More fatigue or low motivation
- Less confidence or more withdrawn



CHANGES MAY NOT BE DUE TO DEMENTIA
Changes can be caused by many other
reversible or treatable factors.

Always use the **SPECTRUM** checklist to
consider and rule out other possible causes.
This helps avoid misdiagnosis and ensures
the right support is given.



THIS IS NOT A DIAGNOSTIC TOOL
The S.P.E.C.T.R.U.M Dementia Recognition
Framework is a guide to support early
recognition of meaningful change.

It does not diagnose dementia.
Only a trained healthcare professional
can make a diagnosis.