

State of Indiana
FSSA
Outreach Services of Indiana

Basic Human Needs

People may display inappropriate and/or maladaptive behaviors when their basic human needs are not being met. Prior to addressing this as a sensory processing or other behavioral problem, caregivers need to ensure that the person's basic human needs are being met.

Basic human needs that must be ensured include, but are not limited to:

- Taking in an adequate and consistent amount of liquids, preferably water
- Eating an adequate, balanced diet
- Having no problems keeping down food that is eaten
- Having regular bowel movements, preferably at least one every 2 days
- Urinating regularly with clear, light yellow, low odor urine at least 2 times/day
- Having clean and dry under garments with frequent checks that skin is in good condition
- Addressing all medical issues (such as diabetes, seizures, GER, dry skin, dental, sinus, pain, headaches, etc.) effectively and appropriately
- Getting enough sleep on a regular basis
- Living in a safe, comfortable and calm home
- Having appropriate, well-fitting mobility equipment, if applicable (such as wheelchair, walker, cane, mechanical lift, and /or leg brace)
- Having comfortable, well-fitting clothing and shoes
- Having a way to communicate basic wants and needs without harming self or others
- Having a variety of enjoyable activities in which to participate
- Being cared for by respectful people who treat you in a dignified manner
- Having the freedom to move, run, jump and/or play in a safe manner
- Having personal space respected
- Being allowed to have personal, preferred objects
- Having the freedom to be alone, when desired

Examples of issues that may need to be addressed are:

Caregivers may need to be more respectful and gentle-asking prior to moving or touching the consumer

Caregivers may need to turn their cell phones to vibrate to minimize disturbing noise

Consumers may need to be more closely monitored for regular bowel movements

Consumers may need to be taken shopping to get clothes they like and are comfortable wearing

Dry, itchy skin may need to be better moisturized

More opportunities to get outside and move around freely and safely may be needed

If, after ensuring that all the above issues are effectively addressed, there are still problematic behaviors, then it is appropriate to address those through further assessment for other potential causes.