

The ABCDE of Behaviour Support

First, ensure the safety of the person displaying behaviours and everyone around them.

Then: Follow the ABCDE's of the Behaviour Support Process.

A

Antecedent

Ask: 'What could have caused the behaviour? What happened just before the behaviour? What is the person trying to tell me?'

Assess potential triggers – e.g., the person's physical, mental or social health needs, any pain or any environmental issues. Any strategies that can be immediately implemented should be.

B

Behaviour

Ask: 'What happened? What was the behaviour that I observed? What did the person say or do?'

Don't just label the behaviour, do your best to describe exactly what happened and to describe the behaviour that you saw.

C

Consequence

Ask: 'What was the consequence of the behaviour? What was the impact, who did it impact and how did it impact them?'

Consider the impact of the behaviour on the person exhibiting it as well as anyone else (other residents, staff, visitors).

D

Develop

Ask: 'What are some care strategies that I can develop to prevent the behaviour or prevent the severity of its impact?'

Care strategies should be tailored to the individual person. This is a process of trial and error. Strategies should be set out in the person's **Behaviour Support Plan**.

E

Evaluate

Ask: 'Is the Behaviour Support Plan Effective? Are the strategies effective? Are strategies causing a change in care needs?'

The evaluation will depend on the strategies used. If strategies involve use of restrictive practices,* the evaluation must consider specific questions – e.g. whether the intended outcome was achieved and if non-restrictive strategies could be used instead.

ASSESS

PLAN, IMPLEMENT, EVALUATE

If the strategies to manage the behaviour are not effective, trial some new strategies and continue to monitor their effectiveness. If the strategies are still not effective, consider referral to internal or external services.

*Restrictive Practices should only be used in very limited circumstances.

1. Information about the person

Include information relevant to understanding the person/their changed behaviour. This should include past experiences and life history. It should also include information about known triggers and strategies to reduce/ remove those triggers.

2. Information about the behaviour

Include information about the nature of the changed behaviour for which the person needs support (describe the behaviour, not the label). You should also include any information about immediate strategies that were implemented to reduce risks to safety and the response to those strategies.

For each occurrence of a new changed behaviour, complete the sections provided on the next page.

3. Information about the care strategies to address the changed behaviour

Best practice strategies:**

Other strategies that were used:

Effectiveness of the strategies?

Other strategies that were considered:

4. Consultation and consent

Include information about the use of the care strategies to address the changed behaviour.

*Please note, additional information must be included if restrictive practices are used.

**Those that: 1) are best practice alternatives to use of restrictive practices
2) consider the person's preferences/ things that are meaningful to them 3) improve quality of life/ engagement.

Information about each occurrence of a new changed behaviour

 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			
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