SUPPORTING CHILDREN AND ADULTS WITH SEVERE LEARNING DISABILITIES AT HOME DURING THE CORONAVIRUS PANDEMIC
BE PREPARED

- Make sure plans are up to date and followed
- Add a new routine with familiar and favourite activities
- Use visual timetables to communicate the routine
- Provide choice
- Reduce demands your relative finds difficult
- Praise and reward positive behaviour
- Involve your relative in everyday activities
- Remind your relative of rules
IF YOU SEE A CHANGE IN BEHAVIOUR

CHECK:

- Physical health
- The environment
- Triggers which you know affect your relative

TRY TO WORK OUT WHAT YOUR RELATIVE IS “SAYING” THROUGH THEIR BEHAVIOUR. DO THEY...

- Need positive attention?
- Need something tangible?
- To avoid or escape something?
- Feel uncomfortable for sensory reasons?
IF YOUR RELATIVE’S BEHAVIOUR BECOMES CHALLENGING

TRY THE FOLLOWING:

1. Stay as calm as possible, use low voice and relaxed body language.
2. Divert or distract.
3. Give your relative what they are asking for if possible.
5. Give your relative some space and time if it is safe to do so.
6. Use body signs and gestures.
FOLLOWING AN INCIDENT OF CHALLENGING BEHAVIOUR:

REVIEW WHAT HAPPENED AND WHAT YOU COULD CHANGE TO AVOID IT AGAIN:

- Try to keep a record of what happened before, during and after
- Keep a record each time and you will build up a picture
- Ask for help from social worker, community learning disability team or behaviour support team

LOOK AFTER YOURSELF:

- Take some deep breaths
- Can someone else step in?
- Can you have time out?
- Can you discuss?
IF YOUR RELATIVE HAS A SEVERE LEARNING DISABILITY YOU CAN CONTACT US AT:

CBF telephone: 0300 666 0126
E-mail: info@thecbf.org.uk
Website: www.challengingbehaviour.org.uk