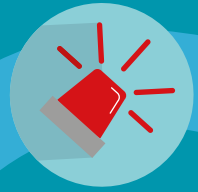


SUPPORTING CHILDREN AND ADULTS WITH SEVERE LEARNING DISABILITIES AT HOME DURING **THE CORONAVIRUS PANDEMIC**



BE PREPARED



Make sure plans are up to date and followed

POSITIVE BEHAVIOUR
SUPPORT PLAN

COMMUNICATION
PASSPORT



Add a new routine with familiar and favourite activities



Use visual timetables to communicate the routine

EXAMPLE



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?

INFO SHEETS

IF YOUR RELATIVE'S BEHAVIOUR BECOMES CHALLENGING

TRY THE FOLLOWING:



Stay as calm as possible, use low voice and relaxed body language



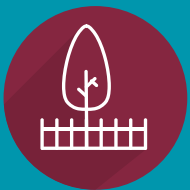
Divert or distract



Give your relative what they are asking for if possible



Keep language simple



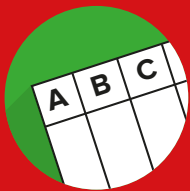
Give your relative some space and time if it is safe to do so



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?

[READ MORE](#)

**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**

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