WHEN TRYING TO PREVENT CHALLENGING BEHAVIOURS…

✅ Try to have the same routine every day
   [The person will know what to expect and what is expected of him/her]

✅ Offer choices rather than yes/no questions when possible
   [E.g., “Do you want apple or orange juice?” vs. “Do you want juice?”]

✅ Encourage independence, but offer assistance if someone is becoming frustrated

✅ Break down tasks into one step at a time
   [E.g., “Put your arm in the sleeve” vs. “Put your shirt on”]

✅ Demonstrate the task if the person is unable to understand verbal instructions

✅ Offer the person meaningful and enjoyable activities daily
   [This will provide stimulation and socialization and reduce boredom]

✅ Be aware of factors that may stress the person and reduce expectations on these days
   [E.g., over stimulation, not sleeping, medication changes]