

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]



**THERE IS NO ONE-SIZE FITS
ALL ANSWER**

Understanding why the individual behaves in a certain way will best enable prevention

KEY RESOURCES
**Primary Care of People with
Developmental Disabilities**

*Crisis Prevention and Crisis
Management Plan [pg. 77-30]*

Caregiver Section [pg. 73-76]