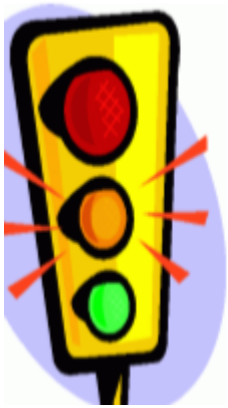


Positive Behaviour Support Plan

Service user's name

.....

Stages of behaviour



Green = calm & relaxed

Amber = anxious, aroused or distressed

Red = incident!

Blue = calming down - but still need to be careful

A traffic light system is a format found to be particularly useful in helping carers to understand the different stages of behaviour.

*Colour coding a behaviour support plan using this format can be a very useful way of clarifying the different stages of the behaviour. Using the traffic signal analogy, an individual's behaviour moves from 'typical behaviour' (**green**), to a level that indicates that problems are about to occur (**amber**) prior to the occurrence of the behaviour itself (**red**). After the behaviour (**blue**) care must be taken to ensure that the person returns to the green phase. This format enables carers to more easily identify when they could intervene to prevent behaviour escalating into an episode of challenging behaviour.*

Background Information

Pen Portrait Summary

Summary Statements

Aggression, self-harm, screaming

Slow Triggers	Fast Triggers	Outcomes

Challenging behaviour

Slow Triggers	Fast Triggers	Outcomes

Primary Prevention (proactive strategies)

Focus on the Environment

Environmental Change	
Increasing Activities	
Slow Environmental Triggers	

Focus on the Person

<p>Health issue # 1</p>	
<p>Health issue #2</p>	
<p>Health issue#3</p>	
<p>Health issue#4</p>	
<p>Health issue#5</p>	

Focus on the Behaviour

<p>Conditions associated with low rates of challenging behaviour</p>	
<p>Avoiding Known Fast Triggers</p>	
<p>Modifying Tasks</p>	
<p>General Communication</p>	
<p>Neutralising Routines</p>	

Secondary prevention (Reactive Strategies)

<p>Reactive Strategies: Increasing Person Space</p>	
<p>Self-protective Procedures</p>	
<p>Minimal Restraint</p>	