

### What is a 'Behaviour Support Plan'?

[The Challenging Behaviour Foundation](#) states, "A behaviour support plan is a document created to help understand and manage behaviour in children and adults who have learning disabilities and display behaviour that others find challenging."

The plan should be created with input from all those involved with the individuals' care to ensure a wide range of views are taken into account.

### Behaviour support plans should include:

- Information on the individual's behaviour
- What may trigger this behaviour
- Proactive 'green' strategies - how can you reduce the likelihood of a particular behaviour?
- Early warning signs and preventative 'amber' strategies
- Reactive 'red' strategies
- Post-incident 'blue' strategies
- Possible functions of behaviour

### Monitor and Review

Behaviour support plans should be regularly reviewed and updated (for example, every 6 months). After a plan has been in place for a period of time it is important to review how effective the strategies are and make any changes required.

### Example Behaviour Support Plan

In the next section, we have included an example behaviour support plan.

### Further Resources

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)  
[www.pavingtheway.works](http://www.pavingtheway.works)

## Behaviour Support Plan – Example

<b>Name</b>		<b>Date of Plan</b>	
<b>Age</b>		<b>Review Date</b>	

### Team Involved

Role	Name
<i>For example Parent, Carers, Occupational Therapist, SENCO.</i>	

Goals
1. 2. 3.

Likes	Dislikes

## Behaviour Support Plan – Example

	‘Green’ Strategies	Known Triggers	Early Warning Signs ‘Amber’ Strategies	‘Red’ Strategies	Post Incident ‘Blue’ Strategies	Possible Functions of Behaviour
Behaviour	<i>What does the individual do, say or look like when they are calm and relaxed?</i>	<i>Identify settings and triggers for the behaviour.</i>	<i>What does the individual do, say or look like when they are becoming anxious or stressed?</i>	<i>What does the individual do, say or look like when their behaviour is challenging?</i>	<i>What does the individual do, say or look like that tells us that they are feeling calmer?</i>	<i>Reasons why an individual may display this behaviour.</i>
Support Strategies	<i>Things that we can do or say to support the individual to remain in the calmer zone for as much time as possible.</i>	<i>Things we can do to address known triggers.</i>	<i>Things that we can do or say to reduce the likelihood of the situation from escalating further.</i>	<i>Things that we can do or say to quickly manage the situation and to prevent unnecessary distress and injury.</i>	<i>Things that we can do or say to support the individual to feel calmer and return to the ‘green’ phase.</i>	<i>Things we can do to help the individual to express their feelings appropriately.</i>