

Helpful Hints

Behavior Planning Cycle

1. Establish a complete description for each behavior(s) of concern- include frequency or estimated frequency.
 - Data from existing records may have sufficient information to determine frequency.
 - Create a simple data system, i.e. scatter plot, log of incidents, etc., to determine frequency if this information is not available from interviews and/or records.
2. Determine what the individual's typical day looks like and what they like to do (even if it's not what they should do).

HINT: This information will help determine what is "important to" the individual.

 - If the individual has difficulty communicating:
 - Base "important to" on places, routines, and activities where the individual looks calm, happy, and/or engaged.
 - Parts of the day that are not working provide clues to causes of discomfort, unhappiness, or agitation. Avoiding these situations and activities are often "important to" the individual.
3. Support strategies may be enhanced from information that includes:

Hint: Circumstances under which behavior is least likely to occur are helpful for developing supports as these tend to be settings/situations that work for the individual.

 - What parts of the day are working and not working along with what they look like.
 - When behavior is most and least likely to occur including people, locations, times of day, activities, or transitions.
 - Impact of medical and/or mental health issues on behavior- Records and/or medical or mental health specialists that know the individual well can provide relevant information.
 - Learn who the individual is, where they came from, what jobs and interests in their past, and how they came to live or regularly attend this facility or program.
 - What strengths and abilities can be used in support strategies.
4. Communication is a vital foundation in daily life.

HINT: For individuals with difficult behavior, communication from Caregivers and others provides an important avenue of support.

 - Determine what the individual understands and how they communicate their needs.
 - Determine what extent the behavior is an expression or communication of needs.
 - How the individual best receives information and how to they prefer to receive it.
5. Check with key staff/caregivers, i.e. Administrators or shift manager, to determine if supports listed in the draft Behavior Plan are possible in the environments where the Plan will be used.

HINT: Often a modification of the strategy is the final version adopted and written into the final Behavior Plan.

