

How Behavioral Support Works

Why Behavioral Support Services May Be Needed

Many types of behaviors can be challenging for families and individuals. People with intellectual and developmental disabilities (IDD) experience these challenges more often, which may be the result of diagnosed or undiagnosed mental health issues. Some of these behaviors include:

- Wandering or lack of personal safety awareness
- Personal boundary or interpersonal issues
- Destruction of property or possessions
- Obsessions
- Violent behavior toward others
- Self-harm
- Dietary concerns

Impacts of Challenging Behavior

Challenging behavior varies in intensity, severity and seriousness. Every type of disruptive or negative behavior has an impact on the lives of those involved and a continuum of consequences. Outcomes of these behaviors can lead to the following:

- Injuries that require doctors' visits, trips to the ER and/or hospitalization for the client, family member or a care provider.
- Police/Emergency responses, which can create associated issues.
- Lower income, loss of jobs, divorce, significant stress and mental health issues for families.

Behavioral Support Process

The Behavioral Support Services process is always person-centered and generally includes:

1. Evaluating the person.
 - a. Is there a medical reason for this behavior?
 - b. How does age impact behavior?
 - c. Has anything changed for the person that might be impacting the behavior?
2. Evaluating the responses to the behavior when it occurs.
3. Evaluating the function of the behavior.
4. Determining potential strategies to address the behavior.
5. Developing a plan to address the behavior(s) and coordinating with family and providers for training and implementation of the plan.

Behavioral Improvement Strategies

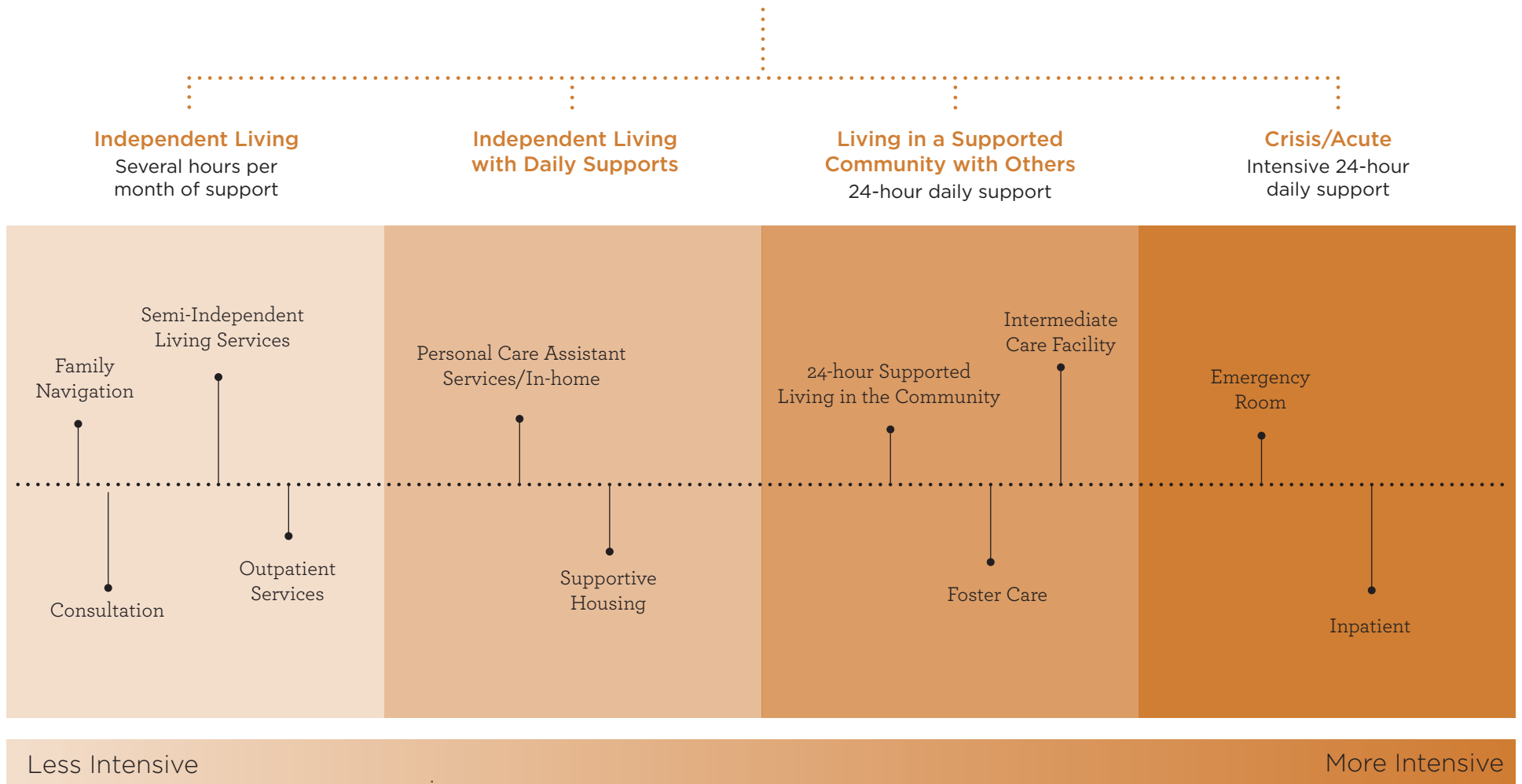
Every long-term plan includes strategies to improve behaviors & how to ensure consistent responses. Strategies can be specific to a particular behavior, may be used with more than one behavior or used in combination. Some strategies include:

- Changing environment
- Removing behavior triggers
- Providing positive supports as well as more choices and control
- Improving the consistency and training between all involved parties



Learn more at
laurabaker.org/behavioral-support

Laura Baker Behavioral Support Services provides support and training for individuals and organizations *throughout the IDD continuum of care.*



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