

Describe presenting behaviours displayed when calm and content	Support strategies required from staff to help individual stay content
<p>Facial Expressions are calm, neutral, and sometimes smiley</p> <p>Very talkative to staff</p> <p>Prolonged eye contact</p> <p>Involved in conversation</p> <p>May sing while in the car</p>	<p>Communicate in a verbal, calm tone</p> <p>Involve Matthew in conversation about his topics of interest</p> <p>Give Matthew lots of praise and tell him he is good at activities and singing</p> <p>Put on songs that Matthew likes to listen to</p>

Individual's Name: Matthew Allan

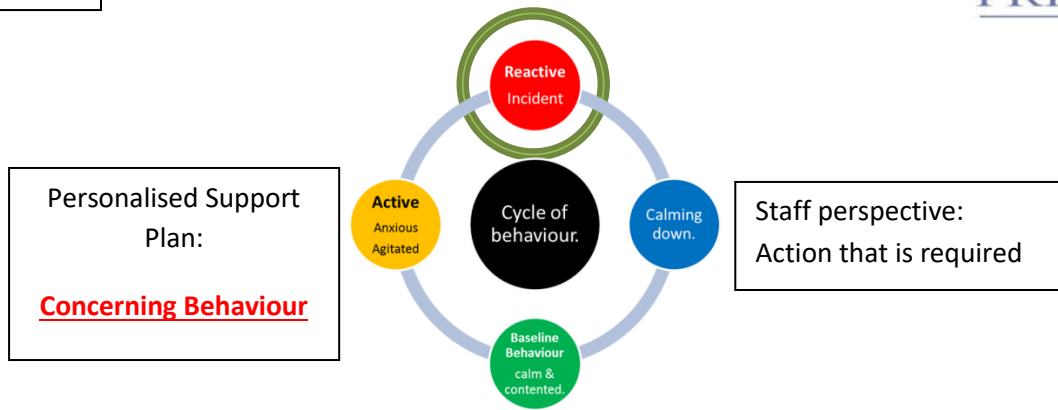
Staff Sign & Date: Lewis Gow – 08.09.2020



Describe presenting behaviours displayed when anxious / aroused / agitated	Support strategies required from staff to moderate stress and stop the situation escalating
<p>Matthews eyes may darken slightly</p> <p>He may become silent and ignore staff</p> <p>Matthew may fidget and play with anything he gets his hands on</p> <p>May rock back and forward</p> <p>Will likely sit down if it is possible to do so</p>	<p>Staff should allow Matthew a few minutes to process anything he may be thinking about and should not try and engage with him.</p> <p>If Matthew is remaining silent after a few minutes staff should try and speak between them about things Matthew likes to do or talk about. Staff should then ask Matthew questions every so often to try and get him involved in the conversation.</p> <p>Staff should remain calm and use a soft tone</p>

Individual's Name: Matthew Allan

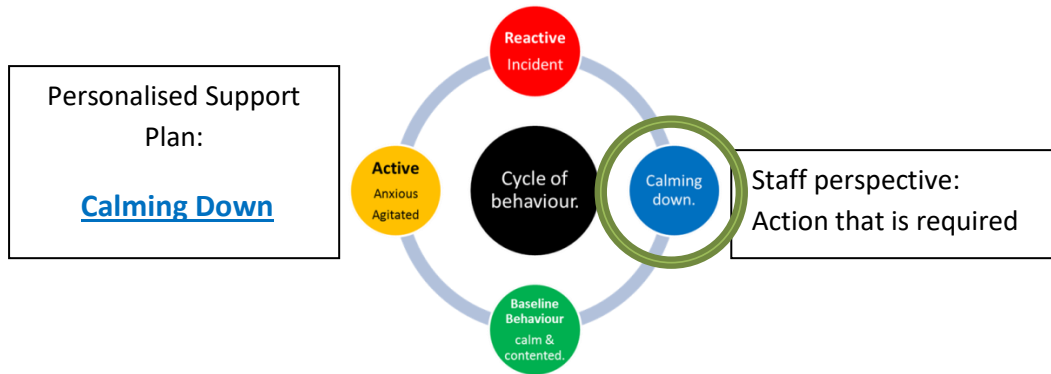
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Describe presenting behaviours displayed that are challenging and of concern	Support strategies required from staff to mediate stress and manage the situation
<p>Matthews eyes will go dark around his eye lid</p> <p>Aggressive expression (frown)</p> <p>Matthew may pace up and down</p> <p>It is likely that Matthew may start to sweat profusely</p> <p>Matthew may punch staff in the stomach – not with significant force</p> <p>Matthew may try and run away from staff</p>	<p>Staff should try to give Matthew as much space as they deem safe to do so</p> <p>Staff should follow Matthew</p> <p>Staff should try to redirect Matthew onto a new activity and/or praise him for how good he is at the current activity</p> <p>Staff should switch who is taking charge, should Matthew target 1 member of staff (hitting them etc)</p>

Individual's Name: Matthew Allan

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Describe presenting behaviours displayed when returning to a calm state	Support strategies required from staff to help individual calm and return to baseline
<p>Matthew facial expression will become less aggressive (frown will return to neutral expression)</p> <p>Will join in conversation with staff about topics he likes</p> <p>May stop fidgeting with different object</p> <p>Will stand back up if he is sitting down and engage in the same activity or a new one that staff have offered</p>	<p>Staff should include Matthew in the conversation about a topic he likes (such as cars)</p> <p>If Matthew remains sitting down staff should sit with him</p> <p>Staff should offer to re start the activity / do something else once Matthew has started returning to baseline</p>

Individual's Name: Matthew Allan

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Minimising Restrictive Practice

Describe the behaviour and restrictive practice that is used as a last resort?

Identify variables that impact on the individual and what is the function of this behaviour? (For example when more likely to occur/factors that increase likelihood)

Set target for reduction in restrictive practice with an aim for further reduction or elimination of restrictive practice. What strategies are in place and identify new goals?

Individual's Name:	Matthew Allan
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Minimising Restrictive Practice Continuous Review

Has the frequency or duration of the identified restrictive practice been reduced?
Review and reflect:

On-going learning and action plan: Review support plan and stress reduction plan, set target for further reduction/elimination of restrictive practice/increase positive interactions and opportunities

External communication / consultation and their input into further reducing or eliminate the restrictive practice.

Individual's Name:	Matthew Allan
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Personalised Support Plan Agreements:

Review Date:

Staff Signature:

I have read and understood the above Personalised Support Plan and agree to implement agreed actions documented above:

Service User Signature:

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Staff Signatures:

Parent/Guardian Signatures:

Social Worker Signatures:

Individual's Name:	Matthew Allan
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