KindCare
Behaviour Support Plan

Plan Approval

Prepared By:	Jeremy Dyson	**Position/Title:**	Support Worker	**Date:**	1 month ago
Approved by:	Michaela Scott	**Position/Title:**	SW Supervisor	**Date:**	1 month ago
Next review date:	In two months				

Client and Contact Details

Client Details			
Client Name:	**Rupert Mason**	**Date of Birth:**	**14/5/1961**
Gender:	**Male**	**Doctors Name:**	**Dr Inga Goldberg**
ID:	DIS00379362		

Participants involved in care		
Name	**Relationship to Client**	**Area of Support**
William Mason	Son	Social outings (football etc.)

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
William Mason	Son	0400 003 003
Robert Mason	Brother	0400 004 004

Care Alerts (e.g. Falls Risk, Allergies, Diabetic)
Intellectual disability **Diabetic**

Behavioural history

General behaviour
Usually very happy and calm. Tendency to be a bit sedentary e.g. spending all day on the couch. Very keen to do things himself and can get frustrated when unable to do so. Rupert had one aggressive incident a year ago when he found out his sister had passed away. No repeated instances. Client has recently begun skipping meals often giving excuses that he doesn't like the food prepared, he is bored of the same meals, or that he doesn't like how something has been made.

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Concerning or challenging behaviours

Behaviour/s of concern
• Client is not eating/avoiding food

Positive behaviour support strategies

Behaviour support strategies
• Client to complete exercises to improve his appetite • Client to stop eating snacks in front of the TV • Support worker to assist client to learn how to cook new foods • Support worker to provide opportunities to try new foods which may be more enjoyable • Support worker to serve small portions of food
Desired behaviours
• Client eats breakfast *(or equivalent in smaller nutritional portions/snacks)* • Client eats lunch *(or equivalent in smaller nutritional portions/snacks)* • Client eats dinner *(or equivalent in smaller nutritional portions/snacks)* • Client watches TV without snacking • Client exercises daily

Intervention strategies

Behaviour intervention strategies
• Offer the client a smaller portion • Offer the client another (nutritious) meal/snack option • Wait and offer the client food again after a short period of time (e.g. 20-30 minutes) or after an activity (for example, washing/cleaning up from meal preparation with the client, then trying to eat again).

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