KindCare
Behaviour Support Plan

Plan Approval

Prepared By:	Leah Wallace	**Position/Title:**	Support Worker	**Date:**	1 week ago
Approved by:	Michaela Scott	**Position/Title:**	SW Supervisor	**Date:**	1 week ago
Next review date:	11 weeks from now				

Client and Contact Details

Client Details			
Client Name:	**Zhi (Helen) Chou***	**Date of Birth:**	**11/3/1987**
Gender:	**Female**	**Doctors Name:**	**Dr Gabor Machala**
ID:	DIS00378263		

Participants involved in care		
Name	**Relationship to Client**	**Area of Support**
Charlie Zhen	Brother	Takes her to family events and does home maintenance
Tilly Zhen	Sister	Takes her to social activities (dances) and shopping (weekly)

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Walter Chou	Brother	0400 005 005
Cherry Chou	Sister	0400 006 006

Care Alerts (e.g. Falls Risk, Allergies, Diabetic)
Risk of falls – high **Has Cerebral Palsy**

Notes: Goes by Helen

Behavioural history

General behaviour
Typically calm, positive and upbeat Helen is struggling with her father recent passing (not on care plan). Over the last few weeks Helen has been out of sorts and easily became frustrated and agitated (pacing, snapping, etc.) which is very out of character. Helen's distress has escalated since her father passed away and she is now beginning to hit herself or scratch her face and arms when she is very upset.

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Concerning or challenging behaviours

Behaviour/s of concern
• Client is becoming distressed and hurting herself (hitting and scratching)

Positive behaviour support strategies

Behaviour support strategies
• Client to complete daily meditations • Client to see or speak to her family members daily • Client to attend grief counselling twice per week
Desired behaviours
• Client completes a daily mediation • Client uses breathing techniques to calm herself if she became distressed • Client attends grief counselling (twice weekly) • Client spends time with family (daily) in person of via phone

Intervention strategies

Behaviour intervention strategies
• Encourage/coach the client to do her breathing exercises (breath in for 4 seconds, hold for 7 seconds, and exhale for 8 seconds) • Put on music (Brahms lullaby) • Use distraction (e.g. offering a cup of tea, suggesting watching a movie, etc.)

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