KindCare
Behaviour Support Plan

Plan Approval

Prepared By:	Jacki Thurlow	**Position/Title:**	Support Worker	**Date:**	1 week ago
Approved by:	Sarah Johnson	**Position/Title:**	SW Supervisor	**Date:**	1 week ago
Next review date:	11 weeks from now				

Client and Contact Details

Client Details			
Client Name:	**Janet Hollywell**	**Date of Birth:**	**1/4/1991**
Gender:	**Female**	**Doctors Name:**	**Dr Mandy Harris**
ID:	DIS00123456		

Participants involved in care		
Name	**Relationship to Client**	**Area of Support**
Jacki Thurlow	Support worker	Emotional regulation and coping skills
Sarah Johnson	SW Supervisor	Supervision and Case Management

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Jane Hollywell	Mother	(02)95551111
David Wilson	Close Friend	0405 222 878

Care Alerts (e.g. Falls Risk, Allergies, Diabetic)
None

Notes:

Behavioural history

General behaviour

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Janet has a developmental disability, and her behaviour can be influenced by her past experiences of emotional abuse and harassment.

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Concerning or challenging behaviours

Behaviour/s of concern
• Emotional distress triggered by contact with ex-boyfriend • Yelling, hitting herself, and throwing objects when agitated

Positive behaviour support strategies

Behaviour support strategies
• Establish a calm and safe environment for Janet to express her emotions • Teach and practice coping skills, such as deep breathing and guided imagery techniques • Set clear boundaries with Janet's ex-boyfriend and reinforce her decision to have no contact • Encourage Janet to seek support from her trusted friends and engage in activities she enjoys
Desired behaviours
• Improved emotional regulation and coping skills • Reduction in distress and self-harm behaviours triggered by contact with ex-boyfriend

Intervention strategies

Behaviour intervention strategies
• Develop a safety plan with Janet, including steps she can take to ensure her safety during and after contact from her ex-boyfriend • Create a communication plan with Janet's support network to inform them about the situation and provide guidance on how to respond to any attempts of contact from the ex-boyfriend • Collaborate with local authorities or legal services, if necessary, to explore options for legal actions against the ex-boyfriend and ensure Janet's safety • Regularly assess and monitor Janet's emotional well-being, providing additional support and intervention as needed

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