**Behaviours that challenge**

**Finding out more**

Knowing more about when and why your relative displays behaviours that challenge can help you plan the best ways of supporting them and reduce the likelihood of this behaviour.

Often it is as if ‘things happen out of the blue’ but you might be able to spot patterns and early warning signs by asking some key questions. Recording a few details can really help with this too.

***Times and situations***

**Are behaviours that challenge more likely to happen at particular times?** Do they tend to happen more at night, morning, weekdays, weekends?

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**Are behaviours that challenge more likely to happen in particular situations?** Do they tend to happen more in certain places, during particular activities or with certain people?

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**Is there anything you or others could do at these times or in these situations that would be helpful for your relative and make behaviour that challenges less likely?**

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**Are there any times these behaviours don’t happen?** Can you use any of this information to make behaviours that happen less likely at other times?

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***Early warnings***

**Are there any signs that your relative is becoming upset and may be about to display behaviour that challenges? Can you notice anything about:**

Things they say or do?

Sounds they make or tone of voice?

Changes on facial expression?

Changes in facial colouring?

Changes in Body language?

Their energy levels?

**Is there anything you or others could do when noticing these things that would be helpful for your relative and make behaviour that challenges less likely?**

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