



Responding to challenges
Support based on reasons

Reason	Provide more of the things they need	Reduce the things that are difficult	Encourage and alternative to behaviour that challenges
Your relative needs an interaction with someone	Increase interactions with your relative at times when behaviours that challenge are not happening. Little and often works well here. Try to do this without increasing demands and so keep communication simple. Make comments and provide a commentary rather than asking questions	Try and limit long periods with no interaction for your relative. Try and engage them in something else if you cannot provide interaction for a time	How else does your relative let you know they need an interaction? Look out for other ways they let you know and encourage them to do this more in the future
Your relative is finding something difficult or does not like doing something	Give more help to your relative during difficult tasks or things they don't like doing before behaviours that challenge happen. Can you make it a bit easier and more enjoyable? Can you prepare them for the difficult task?	Limited amount of time your relative needs to spend doing something they do not like or find difficult. Breaking an activity like this into steps, with short breaks in between can help.	How else does your relative let you know they don't want to do something? Look out for other ways they let you know and encourage them to do this more in the future
Your relative wants something	Increase access to things your relative likes when behaviour that challenges is not happening. Offering choices throughout the day helps here too. Think about their environment, are things they like within reach or do they have to wait for you to bring things to them Can this be improved?	Try and avoid just saying 'No'. It helps to offer an alternative and make this available 'you can't have X but you can have Y' Or a choice of 2 Y's, would you like this or this? If there is something your relative likes but it is not safe for them to have, can it be hidden from view?	How else does your relative let you know they want something? Look out for other ways they let you know and encourage them to do this more in the future



<p>Your relative wants to keep doing something they like</p>	<p>Increase access to things your relative likes when behaviour that challenges is not happening. Offering choices throughout the day helps here too</p>	<p>Try and avoid suddenly telling your relative something needs to end. It can help to give early warnings and a countdown can help too. Make use of visual planners, now and next.</p>	<p>How else does your relative let you know they want to keep doing something? Look out for other ways they let you know and encourage them to do this more in the future</p>
<p>Your relative wants an interaction to end or to be alone</p>	<p>Ensure your relative has times to be alone when they need this, before behaviour that challenges happens</p>	<p>Limit the length or kind of interactions your relative finds difficult</p>	<p>How else does your relative let you know they want an interaction to end? Look out for other ways they let you know and respond to them, this will encourage your relative to do this more in the future</p>
<p>Your relative is in pain or discomfort (which may include sensory discomfort) and the behaviour helps reduce this.</p>	<p>Support your relative to look after their health and access health care. Support your relative to access anything that helps meet their sensory needs. Do they need pain relief?</p>	<p>Try and reduce anything in the environment that causes sensory distress for your relative. Take any medically advised actions to reduce pain or other symptoms of a physical health difficulty</p>	<p>How else does your relative let you know they are in pain or discomfort? Look out for these other clues so you can provide the support they need</p>
<p>Your relative needs some stimulation and the behaviour helps provide this</p>	<p>Support your relative to access sensory activities and gain the stimulation they need throughout the day</p>	<p>Try and avoid long periods in which your relative is unoccupied, required to wait or do things that do not interest them</p>	<p>How else does your relative let you know they need stimulation? Look out for these other clues so you can provide the support they need.</p>