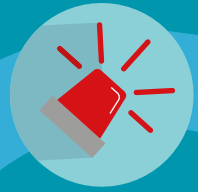


# SUPPORTING CHILDREN AND ADULTS WITH SEVERE LEARNING DISABILITIES AT HOME DURING **THE CORONAVIRUS PANDEMIC**



# BE PREPARED



**Make sure plans are up to date and followed**

POSITIVE BEHAVIOUR  
SUPPORT PLAN

COMMUNICATION  
PASSPORT



**Add a new routine with familiar and favourite activities**



**Use visual timetables to communicate the routine**

EXAMPLE



**Provide choice**



**Reduce demands your relative finds difficult**



**Praise and reward positive behaviour**



**Involve your relative in everyday activities**



**Remind your relative of rules**



# IF YOU SEE A CHANGE IN BEHAVIOUR

## CHECK:



Physical health

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The environment

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Triggers which you know affect your relative

TRY TO WORK OUT WHAT YOUR RELATIVE IS “SAYING” THROUGH THEIR BEHAVIOUR. DO THEY...



Need positive attention?

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Need something tangible?

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To avoid or escape something?

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Feel uncomfortable for sensory reasons?

INFO SHEETS

# IF YOUR RELATIVE'S BEHAVIOUR BECOMES CHALLENGING

TRY THE FOLLOWING:



Stay as calm as possible, use low voice and relaxed body language

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Divert or distract

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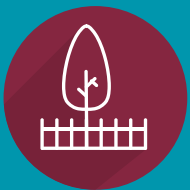
Give your relative what they are asking for if possible

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Keep language simple

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Give your relative some space and time if it is safe to do so

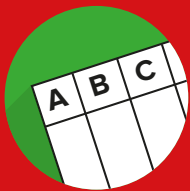
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Use body signs and gestures

# FOLLOWING AN INCIDENT OF CHALLENGING BEHAVIOUR:

REVIEW WHAT HAPPENED AND WHAT YOU COULD CHANGE TO AVOID IT AGAIN:



Try to keep a record of what happened before, during and after

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Keep a record each time and you will build up a picture

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Ask for help from social worker, community learning disability team or behaviour support team

LOOK AFTER YOURSELF:



Take some deep breaths

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Can someone else step in?

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Can you have time out?

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Can you discuss?

[READ MORE](#)

**IF YOUR RELATIVE HAS A SEVERE  
LEARNING DISABILITY YOU CAN  
CONTACT US AT:**

**CBF telephone: 0300 666 0126**

**E-mail: [info@thecbf.org.uk](mailto:info@thecbf.org.uk)**

**Website: [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)**



**The Challenging  
Behaviour Foundation**