

## DIVISION of MHDDAD

### GUIDELINES FOR SUPPORTING ADULTS WITH CHALLENGING BEHAVIORS IN COMMUNITY SETTINGS

#### Important Considerations Decision Tree

1. Be sure your services incorporate and put into operation the values of the Division of MHDDAD
  - a. Consumer Choice
  - b. Inclusion
  - c. Appropriate Environment
  - d. Quality of Services
  - e. Individualized Services
2. Be sure you fully understand the wishes of the individual in regard to the quality of their life and what is important to them, and that you are incorporating this into their care to the extent possible.
3. Be sure you understand what influences behavior
  - a. IN PARTICULAR, make sure you have considered physiologic and psychiatric issues
  - b. Look closely at the second most common area that is neglected: a true sense of belonging
4. Make sure you are incorporating positive approaches in day-to-day living and working with consumers, including the use of positive communication approaches.
5. Does the individual have the cognitive and expressive ability to develop his or her own plan?
  - a. Assist the individual (as required) in developing a WRAP Plan.
6. The individual **does not** have the cognitive and expressive ability to develop his or her own plan. Use the A-B-C approach to figuring out the challenging behavior
  - a. Focus on only one challenging behavior at a time!
7. Can't figure it out? Call in a professional.
  - a. Network when looking for an **experienced, qualified** professional
  - b. Be sure they provide you with a plan that contains the **thirteen outcomes of a good plan!**
  - c. **TWEAK** the plan as required under the guidance of the qualified professional
8. Need something to back up the plan?
  - a. Use the Crisis Plan portion of the WRAP Plan
  - b. Develop a safety plan

#### REMEMBER:

1. Medication MAY NOT be used to manage behavior
  - a. Medication MUST be targeted toward specific symptoms
2. Personal restraint is the **only** emergency intervention of last resort that may be used in the community (except in personal care homes where this is NOT permitted)
3. Chemical restraint MAY NEVER be used!

To look at these issues in detail, go to: [http://mhddad.dhr.georgia.gov/DHR-MHDDAD/DHR-MHDDAD\\_CommonFiles/GuidelinesSupportingAdultsChallengingBehaviors.pdf](http://mhddad.dhr.georgia.gov/DHR-MHDDAD/DHR-MHDDAD_CommonFiles/GuidelinesSupportingAdultsChallengingBehaviors.pdf)