

MULTI-ELEMENT BEHAVIOUR SUPPORT PLAN FOR SARAH JONES

Sarah is a terrific woman who radiates affection with a strong sense of humour! She has spent 29 years in a restrictive in a restrictive residential setting and is taking some time to savour the experience of her freedom. Jewellery is a very potent symbol of this freedom for her. She still has difficulty trusting people, and so many of her more powerful emotions may be expressed through behavioural means.

This is an outline of Sarah's Behaviour Support Plan. It is designed to help you get to know Sarah and understand some of her needs prior to working with her. All staff should be able to give an account of the main points in this support plan to a second member of staff before commencing work with Sarah.

This plan is constantly under review and changes may be made, so please ensure that you are up to date with Sarah's interventions. If you have any questions, feedback, suggestions etc., please let me know and we can discuss them as a team.

Jenny Milton
Jenny Milton

21/4/22
Date

Sarah's Summary Behaviour Support Plan

Function:

"I need some help with this please"



When Sarah covers her eyes, **IMMEDIATELY** approach her. Sit beside her and ask 'Can I help you with anything Sarah?'. Listen to what she has to say. If she does not answer, try to suggest things to her such as:



- Do you feel ill, Sarah?
- Have you lost a piece of jewellery, Sarah?
- Are you thirsty, Sarah?
- Is there someone you would like to ring, Sarah?
- Do you feel lonely, Sarah?
- Is there something you would like to do Sarah?
- Have the batteries run out on your walkman, Sarah?
- Is anyone annoying you, Sarah?
- Would you like a bath, Sarah?
- Are you tired, Sarah?
- Do you want to have your dinner on the settee, Sarah?



If you or anyone is having a cup of tea, coffee, or hot chocolate, offer Sarah a drink as well.



Every evening, Sarah is invited to go to the local Centra. On the way home, Sarah gets two 20 cent pieces and visits the video shop to purchase two rings from the ring machine. If Sarah does not go to the shop, but someone else does, it is best to bring them!

Sarah likes to admire and hold the jewellery that others are wearing. Feel free to offer it to her to examine more closely. Make sure to acknowledge the jewellery she is wearing in return. On rare occasions, she may like to borrow a piece of staff jewellery until the end of the shift.



On Monday at 7.30pm, Sarah usually rings Eileen. She may ask for help dialling her number – It's (01) 265 4939

Instead of asking Sarah to take a bath, offer her a way choice... 'would you like to take a bath, or would you like to take a shower' make the bath more fun with bubbles, soap and plenty of enthusiasm



When Staff members come on shift, the first thing they do should be to go to Sarah, say hello and find out how she's doing. When staff members come into the room and Sarah is there, try to acknowledge Sarah before addressing another person in the room. Make sure never to talk about Sarah to another person when she is present.