Behavioral Support Plan for:

Date: _____________
page ______ of _____

Prepared by:

____________________________________________________________________

Additional contributions by:

___________________________________________________________________________________

INTRODUCTION
This Behavioral Support Plan (BSP) is designed to provide caregivers a positive and consistent approach to supporting a person’s emotional control. This BSP should be updated on a regular basis to reflect the person’s changing needs as well as staff’s evolving Support strategies.

This BSP consists of 3 interrelated and sometimes overlapping components:
1. Overview: Description of personality traits and general life situation.
2. Stage/Support chart: How a person signals a given behavioral Stage and tailored strategies for Support.

Overview:

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

____________________________________

This Behavioral Support Plan format is based on the ideas presented in:

Caregivers are encouraged to participate in this training
Behavioral Support Plan for:

Date: _____________
page _____ of _____

Stage/Support Chart (part 1)

<table>
<thead>
<tr>
<th>STAGE of challenging behavior</th>
<th>SUPPORT strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADAPTIVE:</td>
<td>REINFORCE:</td>
</tr>
<tr>
<td>TENSION:</td>
<td>RESPOND:</td>
</tr>
</tbody>
</table>
Behavioral Support Plan for:

Date: _____________
page _____ of _____

Stage/Support Chart (part 2)

<table>
<thead>
<tr>
<th>STAGE of challenging behavior</th>
<th>SUPPORT strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMOTIONAL DISTRESS:</td>
<td>DIFFUSE:</td>
</tr>
<tr>
<td>PHYSICAL DISTRESS:</td>
<td>PROTECT:</td>
</tr>
<tr>
<td>RECOVERY:</td>
<td>TALK OUT:</td>
</tr>
</tbody>
</table>
Behavioral Support Plan for:

Date: _____________
page _____ of _____

### Stress Triggers/pro-active Support Chart

<table>
<thead>
<tr>
<th>Stress Triggers:</th>
<th>Pro-Active Support:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>