

The **BEHAVIOUR HELP APP**

A Step by Step Guide to
Assessing, Preventing and Managing
Challenging Behaviour

Dolly Bhargava
behaviourhelp.com



Copyright

The Behaviour Help App: A Step by Step Guide to Assessing, Preventing and Managing Challenging Behaviour

© Dolly Bhargava/ Behaviour Help, 2020

The contents of this electronic book (text and graphics) are protected by international copyright law. No part of this publication may be reproduced, stored in a retrieval system, transmitted, broadcast or communicated in any form or by any means, optical, digital, electronic, mechanical, photocopying, recording or otherwise, without the written permission of Behaviour Help (www.behaviourhelp.com). To obtain permission, email dolly@behaviourhelp.com

Disclaimer

The information contained in this booklet is general in nature only and not exhaustive on the subject matter. The information may or may not be relevant or particular to the circumstances of the individual/s you support. Persons implementing any recommendations contained in this publication must exercise their own independent skill or judgement or seek appropriate professional advice relevant to their own circumstances when doing so.

CONTENTS

- 3 What is the Behaviour Help App?
- 4 How is the Behaviour Help App Unique?
- 5 How Does the Behaviour Help App Work?
- 6 Step 1: Getting Started
- 7 Step 2: Adding an Individual
- 8 Step 3: Documenting an Incident
- 10 Step 4: Creating a Behaviour Profile
- 13 Find Out More

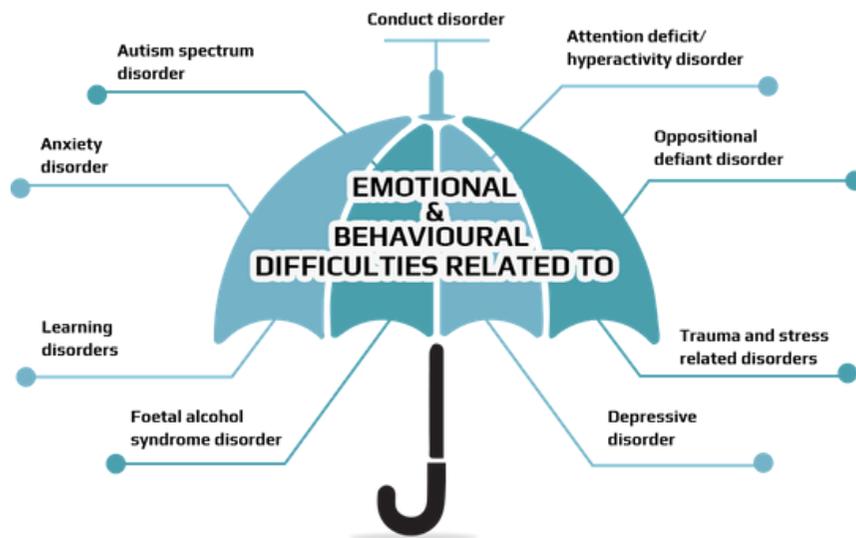
BEHAVIOUR HELP APP

What is the Behaviour Help App?

Using the evidence-based approach of Positive Behaviour Support (PBS), the Behaviour Help web-based app allows users to put together a comprehensive individual behaviour support plan for individuals with emotional and behavioural difficulties (EBD).



This behaviour support plan can be put in place to manage and prevent challenging behaviours exhibited by individuals with EBD and ultimately improve their lives, and the lives of those who support them.



How is the Behaviour Help App Unique?

The Behaviour Help web-based app provides a bank of evidence-based, practical ideas, strategies and suggestions for the assessment, escalation profiling, management and prevention of emotional and behavioural difficulties.

As a team of caregivers, educators, support staff and professionals, you can select the ideas, strategies and suggestions that are appropriate and customise them to suit the individual. The software will put together a ready-to-print customised behaviour Assessment, Intervention and Management Plan to help you transform the life of the individual you support.

The Behaviour Help App is a valuable tool for:



Parents



Childcare centres, preschools and kindergartens



Primary and secondary schools



Disability services



Child and youth services

Anyone supporting individuals with emotional and behavioural difficulties.



One-time cost of \$11 and it's yours to keep!



Create as many profiles as you need!



Use it on Mac or PC, or an Android, Apple or Windows tablet!

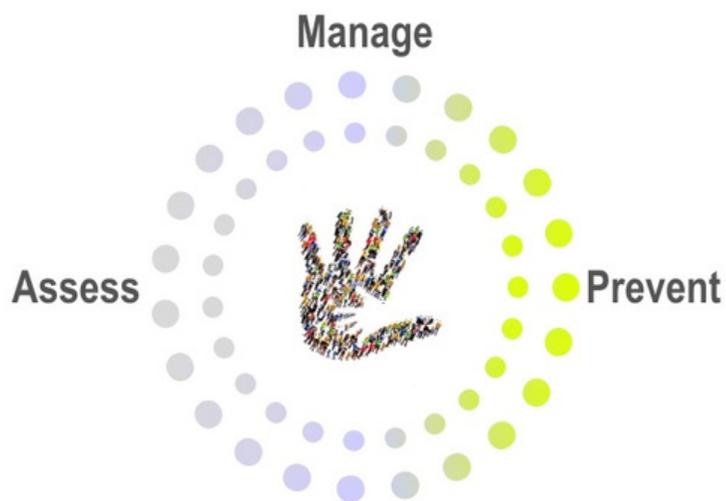
How Does the Behaviour Help App Work?

The Behaviour Help app guides users through three distinct phases of behaviour support: Assess, Manage and Prevent.

The Assess stage involves assessing the behaviour from all angles to determine the message the person is trying to communicate through the behaviour.

The Manage stage involves designing a comprehensive behaviour Management Plan based on the assessment findings.

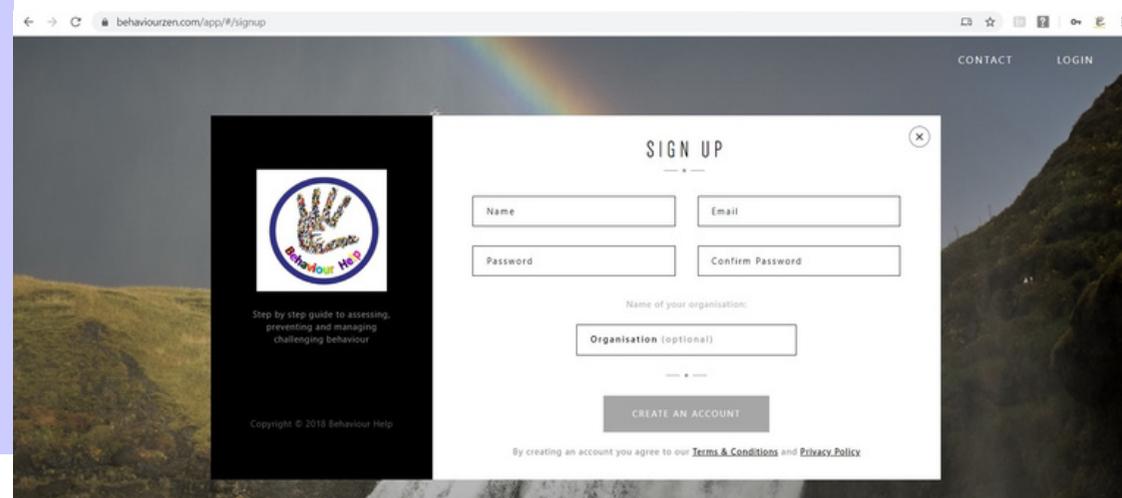
The Prevent stage involves designing a comprehensive Prevention Plan based on the assessment findings.



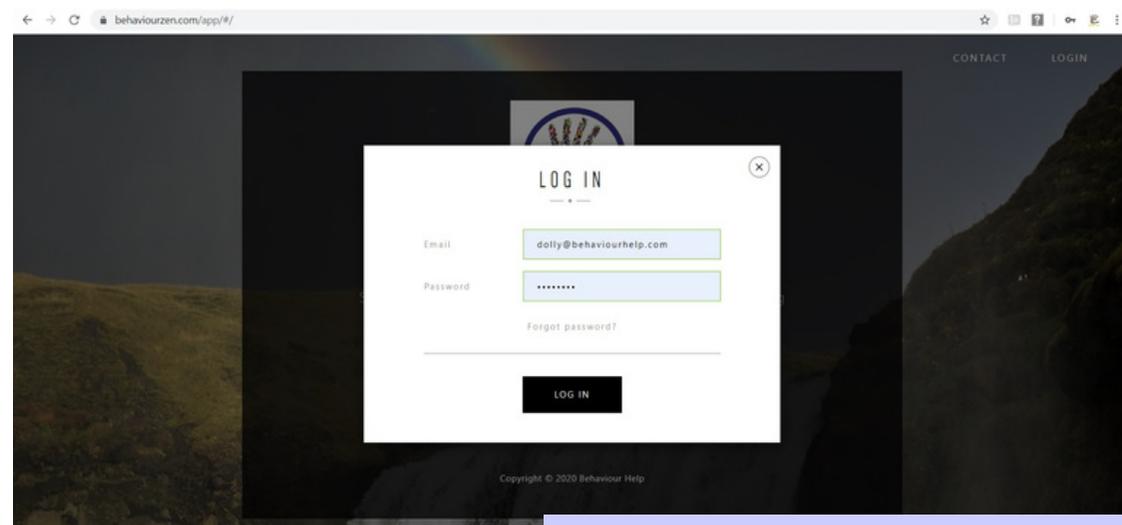
A STEP-BY-STEP GUIDE

Step 1: Getting Started

Sign up to use the Behaviour Help app at <https://www.behaviourhelp.com/app/#/signup>.

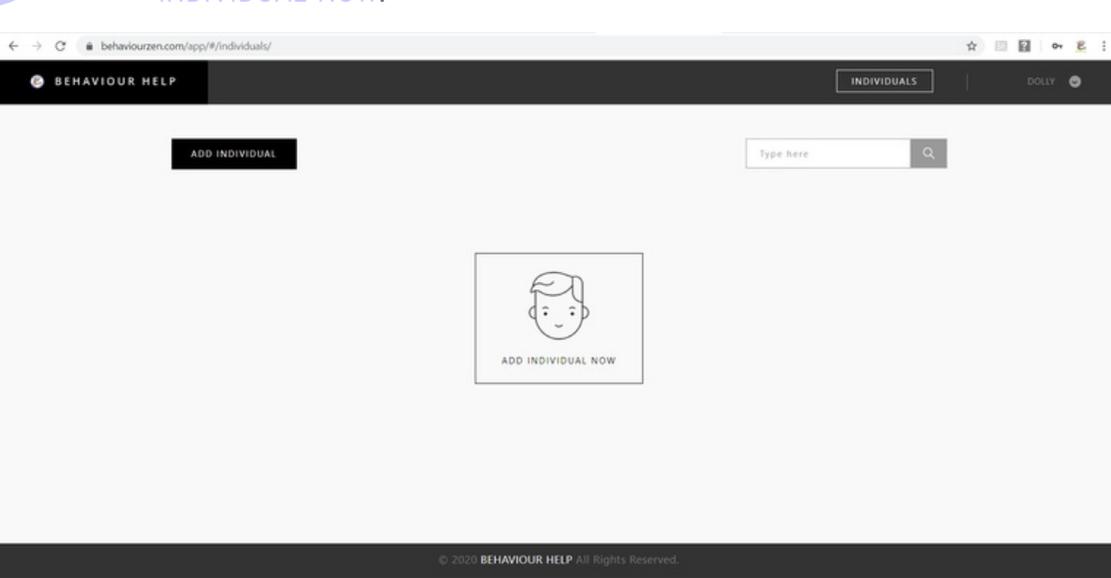


When you have an account, [log in](#) to get started.



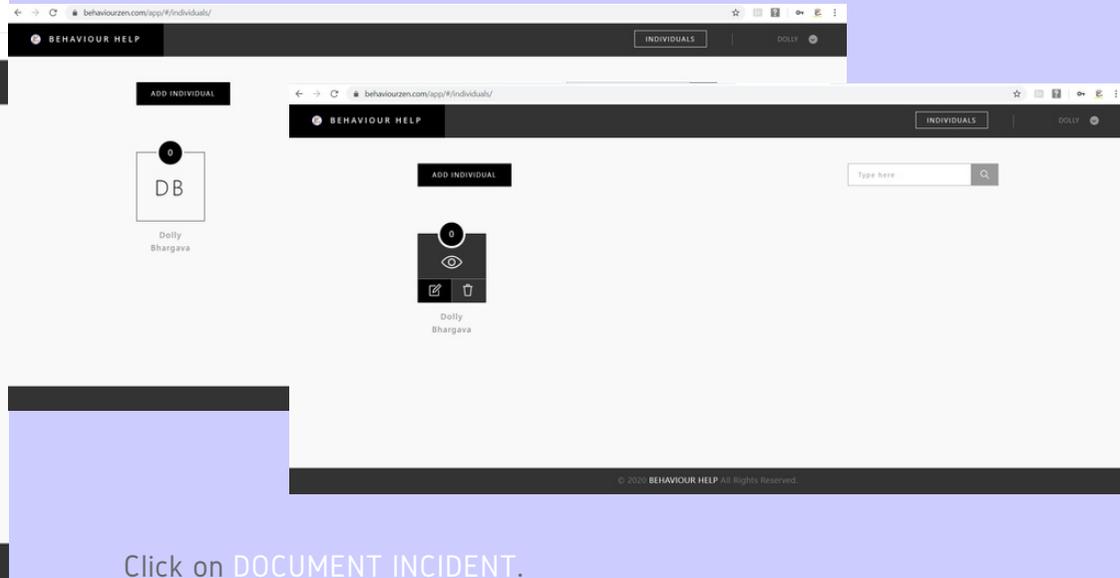
Step 2: Adding an Individual

Before you can begin documenting an individual's behaviour, you will need to add the individual. To do so, click on **ADD INDIVIDUAL NOW**.



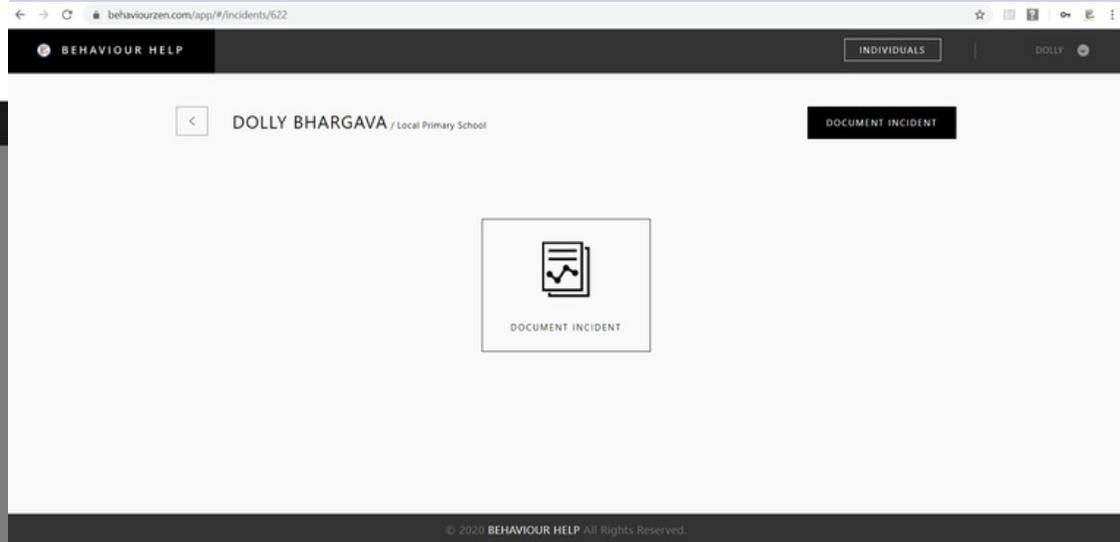
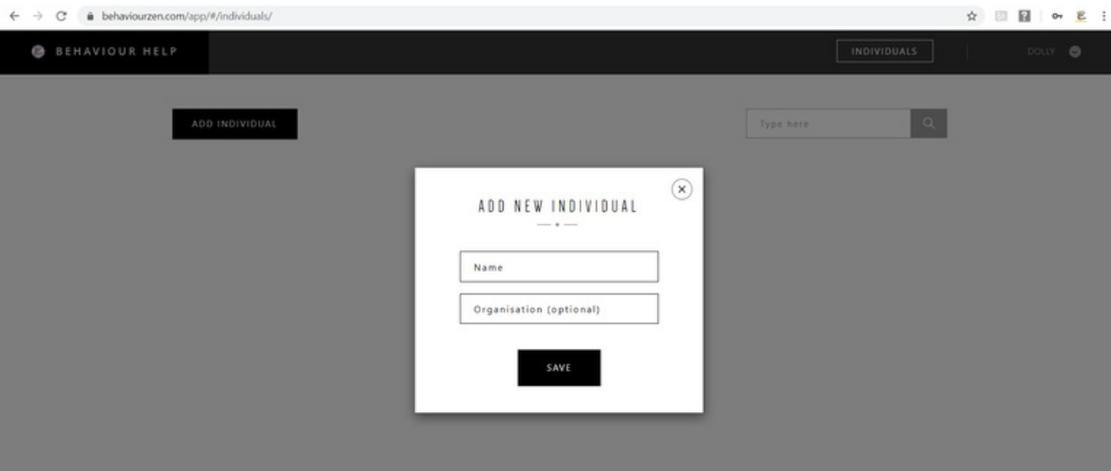
Step 3: Documenting an Incident

Place the cursor on the box with the individual's initials. Click on the eye symbol.



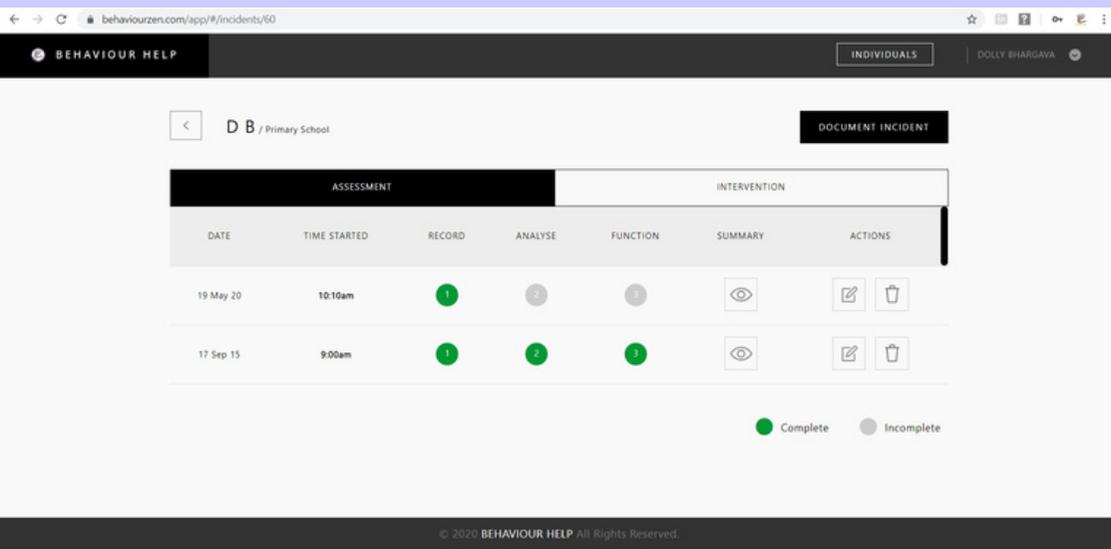
Click on **DOCUMENT INCIDENT**.

Enter the individual's **name** and the **organisation** they belong to.



The app will then guide users through a series of questions to systematically document details relating to an incident, i.e. **TIME STARTED** → **RECORD** → **ANALYSE** → **FUNCTION**. Each question includes a drop-down menu that provides a comprehensive list of suggestions for users to reflect on to determine what may have triggered the incident, and why the individual may have exhibited specific behaviours.

As the questions relating to the incident are answered, a green circle will appear under each heading: **TIME STARTED** → **RECORD** → **ANALYSE** → **FUNCTION**.



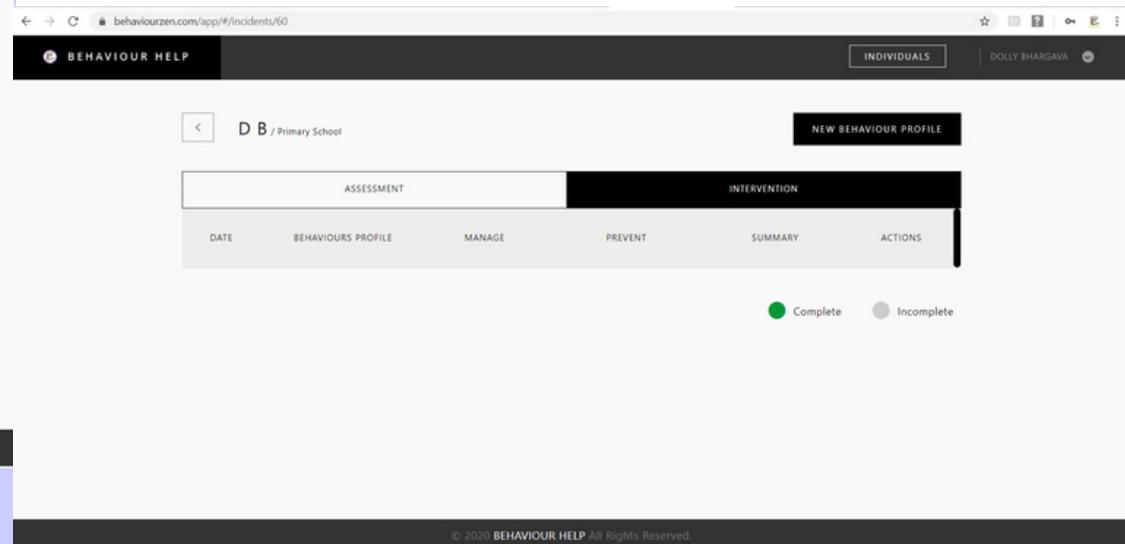
If the circle is still grey, details still need to be entered for this heading. Click the pen and paper symbol to add missing information or to edit existing information at any time.

Once all information has been entered, you will be able to click the **eye** symbol to produce a downloadable version of the completed Functional Behaviour Analysis titled the **BEHAVIOUR ASSESSMENT SUMMARY**. This document will be saved in the app as a downloadable, ready-to-print PDF that can be shared with other people in the individual's support network and edited as required.

Step 4: Creating a Behaviour Profile

Click on the **INTERVENTION** heading to enter information for the Manage and Prevent stages. Click on **NEW BEHAVIOUR PROFILE**.

This step produces a Behaviour Intervention Summary

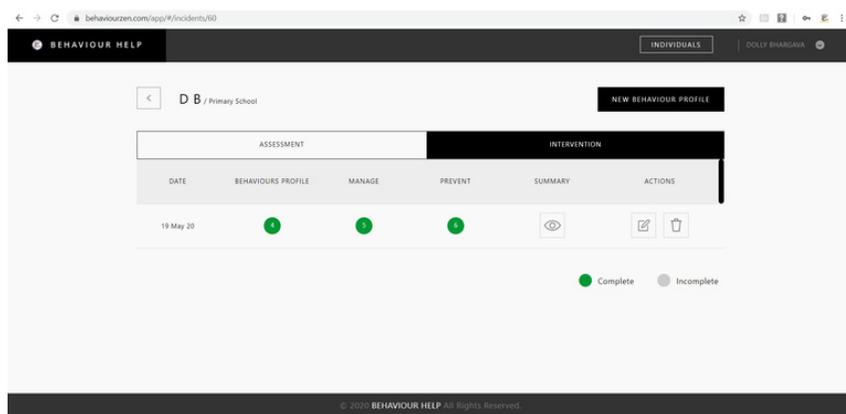


The app will then guide users through a series of questions to profile how the individual's challenging behaviour escalates. For most questions, the app provides a comprehensive list of effective responses and strategies to safely defuse and de-escalate the situation in the least disruptive manner.

The app will also guide users through a series of questions to determine what strategies can be applied to minimise or avoid the occurrence of challenging behaviours. For each question asked, the app provides a comprehensive list of strategies for tailoring the environment, activity and interactions to prevent challenging behaviour from arising.

The app also provides strategies for helping the individual learn positive ways of behaving and managing their emotions.

As you answer questions related to the incident, a green circle will appear under each heading: **BEHAVIOURS PROFILE** → **MANAGE** → **PREVENT**.



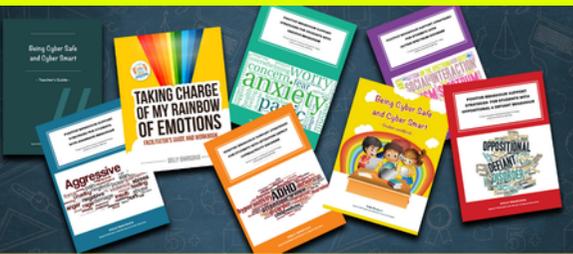
If the circle is still grey, details still need to be entered for this heading. Click the pen and paper symbol to add missing information or to edit existing information at any time.

Once all the information has been entered, you will be able to click the eye symbol to produce a downloadable version of the completed **BEHAVIOUR INTERVENTION SUMMARY**. This document will be saved in the app as a downloadable, ready-to-print PDF that can be shared with other people in the individual's support network and edited as required.



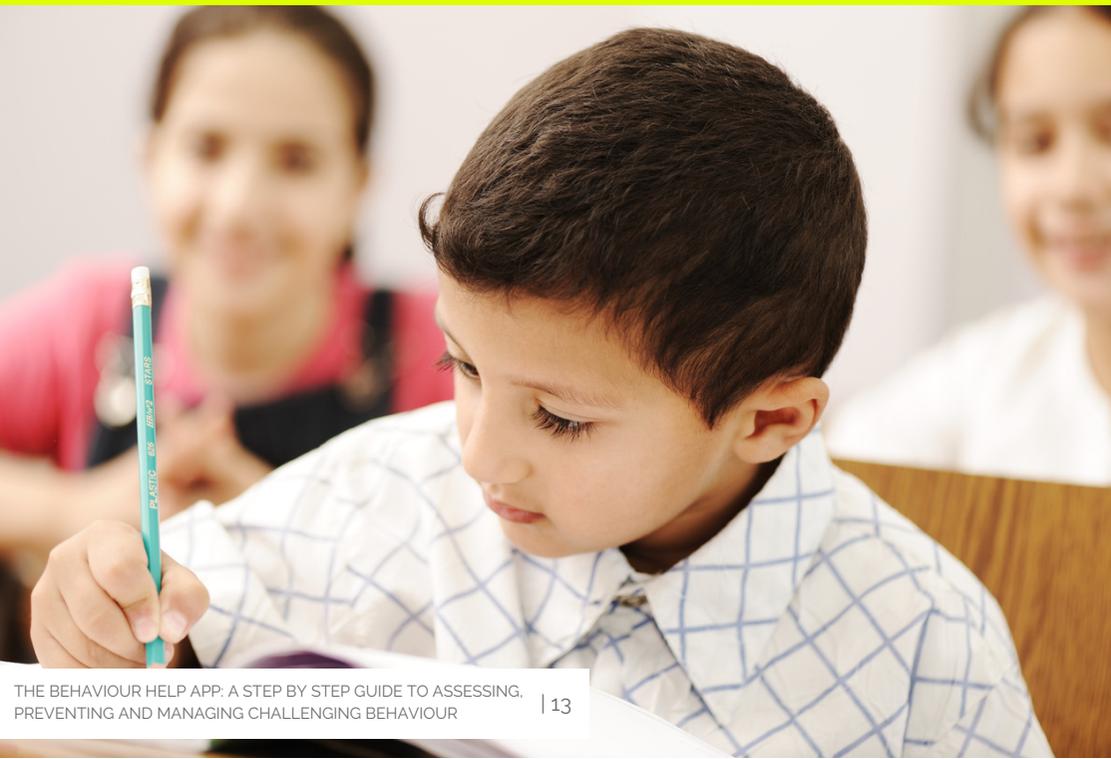
FIND OUT MORE

Behaviour Help offers a range of resources for people supporting individuals with challenging behaviours. To learn more about positive behaviour support, check out our book series at behaviourhelp.com.



You can also participate in our self-paced online courses that you can complete anytime, anywhere.

Visit behaviourhelp.com/online-courses to find out more.



Unity is strength ... when there is teamwork and collaboration, wonderful things can be achieved.

– Mattie Stepanek

A transformative journey is a personalised and unique path that each of us travels to achieve personal growth and development. Although the transformative journey is ours to travel alone, others along the way can guide us in the direction in which we head. As parents, teachers, support staff and professionals, we can work as a team to support an individual with emotional and behavioural difficulties through this transformative journey.

Each member of the team can bring their own unique knowledge and perspective and the combination of all of the team members' ideas will help the individual successfully overcome challenges. When everyone works together in a unified manner, the team can effectively support each other and guide the individual through the transformative journey to a better future. With persistence, patience and perseverance we can successfully build the individual's capability and capacity to develop positive feelings and use positive behaviours.

Dolly Bhargava

