



ENGAGED SUPPORT SERVICES Behaviour Support – Action Plan



Quick Reference Summary

This Quick Reference Summary provides immediate guidance for supporting the participant if aggressive behaviour occurs without triggers.

1. STAY CALM & SAFE

- Keep a neutral tone of voice
- Increase space between participant and others
- Remove potential hazards from the area

2. EARLY INTERVENTION

- Watch for subtle signs: pacing, facial tension, restlessness
- Offer a break or safe space
- Reduce demands temporarily

3. DURING AGGRESSION

- Use short, clear instructions
- Avoid arguing or raising your voice
- Allow time and space to calm down
- Use pre-agreed safety plans

4. AFTER THE INCIDENT

- Once calm, reassure the participant
- Briefly discuss what happened and alternatives- Record the incident on the behaviour data sheet

5. POSITIVE REINFORCEMENT

- Praise and reward safe behaviour consistently
- Provide positive attention outside of incidents

EMERGENCY CONTACTS:

Family/Carer: _____

Behaviour Support Practitioner: 03 4421 6844

Emergency Services: 000

Participant Information

Name: _____

Date of Birth: _____

Age: _____

NDIS Number: _____

Plan Author: _____

Date Plan Developed: _____

Review Date: _____

Purpose of the Plan

This plan is designed to provide proactive and consistent strategies to support the participant in reducing aggressive behaviour that occurs without identifiable triggers, ensuring safety for themselves and others, and increasing his ability to engage positively in home, school, and community settings.

Definition of Aggressive Behaviour

Aggressive behaviour includes:

- Hitting, kicking, or pushing others
- Throwing objects
- Yelling or using threatening language
- Damaging property

These behaviours may occur suddenly and without clear warning signs or identifiable antecedents.

Impact of Behaviour

Aggressive episodes:

- Create safety risks for the participant and others
- Disrupt learning and social opportunities
- Cause emotional distress to peers, family, and staff
- Can lead to restricted participation in activities if unmanaged

Possible Contributing Factors

Although no clear environmental triggers are identified, contributing factors may include:

- Fluctuations in emotional regulation capacity
- Sensory overload or under-stimulation (not consciously reported)
- Internal discomfort (illness, pain, fatigue)
- Anxiety or sudden mood changes
- Low tolerance for perceived frustration, even without obvious cause

Goals

Short-Term Goals (3 months):

- Reduce the frequency of aggressive episodes by 25%
- Increase the use of calm-down strategies in at least 50% of incidents

Long-Term Goals (6-12 months):

- Demonstrate safe behaviour across all environments for two consecutive months
- Independently use self-regulation tools in 80% of situations where aggression may occur

Proactive Strategies (Prevention)

Environmental Adjustments:

- Maintain a consistent daily routine and provide visual schedules
- Offer regular sensory breaks using preferred calming activities (weighted blanket, quiet space, fidget tools) -
Minimise exposure to chaotic or noisy environments without preparation

Skill-Building:



ENGAGED SUPPORT SERVICES Behaviour Support – Action Plan



- Teach emotional regulation skills (deep breathing, counting, movement breaks)
- Role-play positive communication and help-seeking strategies- Use social stories and visuals about 'keeping hands and feet to myself'

Relationship and Rapport:

- Build trust through positive reinforcement and strengths-based feedback
- Provide daily positive interactions unrelated to behaviour incidents

Early Intervention Strategies

Even without clear triggers, observe for subtle signs that may precede aggression, such as:

- Sudden withdrawal or pacing
- Change in facial expression or muscle tension
- Restlessness or fidgeting

When signs are observed:

- Prompt use of a safe space or calming activity
- Reduce demands temporarily
- Provide simple reassurance and low-pressure interaction

Response Strategies (When Aggression Occurs)

Safety First:

- Ensure the safety of all by increasing distance or removing potential hazards
- Use calm, neutral tone of voice; avoid raised voices or arguing
- Do not physically engage unless necessary for immediate safety (and only by trained staff under restrictive practice authorisation if applicable)

De-escalation:

- Limit verbal instructions to short, clear sentences
- Offer time and space for calming without confrontation
- Redirect to a pre-identified safe space

Post-Incident Support:

- Once calm, engage in a brief, supportive discussion about what happened and alternative responses
- Reassure that he is safe and supported
- Document the incident using behaviour recording sheets

Reinforcement Strategies

- Provide immediate, specific praise for positive behaviour and calm conflict resolution
- Offer tangible rewards linked to safe behaviour (token boards, preferred activities)
- Ensure reinforcement is consistent across home, school, and community environments

Data Collection & Review

Data to Record:

- Date, time, and duration of each aggressive incident
- Any potential preceding events, even if not obvious triggers



ENGAGED SUPPORT SERVICES Behaviour Support – Action Plan



- Strategies used and their effectiveness
- Level of escalation and recovery time

Review Process:

- Review data fortnightly to identify possible patterns
- Adjust proactive strategies based on findings
- Full BSP review every 3-6 months or sooner if major changes occur

Stakeholder Responsibilities

Family/Carers: Implement home strategies consistently and record incidents

School Staff: Follow agreed strategies and maintain communication with family

Therapists/Support Workers: Support skill-building, collect data, and reinforce positive behaviour

Behaviour Support Practitioner: Monitor plan effectiveness, provide coaching, and adjust strategies

Restrictive Practices

If restrictive practices are required for immediate safety (e.g., physical restraint), they must:

- Be used only as a last resort
- Be proportionate to the risk and for the shortest time possible
- Be reported and authorised in line with NDIS Quality and Safeguards Commission requirements

Acknowledgement of this plan and commitment to adhering to the plan:

Name:

Signature:

Date:

Empowering People Strengthening Communities

Engaged Support Services – ESS Behaviour Specialists

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