

Behaviour that challenges

- Behaviour that challenges may take many different forms.** For example, aggression, self-injury, property destruction, inappropriate sexual behaviour. Negative consequences for the individual can follow (physical harm, abusive treatment) and for those supporting them (physical harm, stress, reduced opportunities). The challenge is in the impact that the behaviour has.
- Why does challenging behaviour happen?** It's often about communicating a message. To understand the message, we need to understand the events around it (what are my brother/sister's preferences? How is their physical and mental health? What is the physical environment like? How are others interacting with them?)

Common functions of behaviours that challenge		
Demand Avoidance	Behaviour results in request/demand being removed/delayed/altered	"I don't want to / I don't understand"
Attention Maintained	Behaviour results in attention being provided/maintained	"I need you / need interaction"
Avoidance of Attention	Behaviour results in attention being withdrawn	"I don't want you here"
Tangible	Behaviour results in access/continued access to desired item/activity.	"I want this / want to keep doing this"
Sensory	Behaviour directly modifies sensory experience/stimulation	"I am bored / I am overstimulated"
Pain	Behaviour directly modifies pain or discomfort	"This hurts / I am uncomfortable"

- How can I help my disabled and/or neurodivergent brother or sister who is displaying behaviour that challenges?** Ask their GP to refer them to a behavioural specialist for a functional assessment. A functional assessment is an evidence based, systematic way of exploring the events that happen around the behaviour. From this, a Positive Behaviour Support (PBS) plan can be made, to guide the best ways to support your brother/sister.