



making a difference  
to the lives of people with  
severe learning disabilities

# WHEN WE UNDERSTAND CHALLENGING BEHAVIOUR

...we can address the barriers  
to inclusion more effectively

A parents perspective

KATE SANGER

# Overview

- Early Years
- Impact on the family
- Impact on Laura
- What works and what doesn't
- Working in partnership
- The Challenging Behaviour Foundation (CBF)

# Early years

- Living with challenging behaviour with no information or support
- Looking for answers
- Getting the right people on board
- A journey to removing barriers

# Life at school

- If Laura felt unwell or in pain
- If Laura couldn't cope with the task or the dynamics of the group
- If she was under or over stimulated
- The result would be challenging or self-injuries behaviour



# Impact on the family

- Siblings can miss out
- Social isolation
- Relationship strain
- Health
- Finances



# Impact on laura

- Laura self-injuring during transition (due to people not meeting her needs)
- Exclusion
- Risk of injury
- Social isolation



# What would help reduce the barriers to inclusion

- Training in challenging behaviour for parents and professionals (now being run by the CBF)
- A person-centred plan (PCP) is an ongoing recording with a positive 'vision' of what life should look like for the individual and the support needed to achieve the vision, maintain it, evaluate and review it.
- A behaviour support plan- this gives Laura a voice & is a teaching tool to inform and educate all those involved in Laura's care.

# When the barriers are removed

- When all those involved in Laura's care have the training and skills to support her then Laura has a great quality of life



- When support plans and PCP plans are properly implemented and regularly reviewed then Laura can access the community and enjoy the company of her peer group

# When it doesn't work

- Poor communication
- Lack of transparency
- When others put their expectations above Laura's abilities
- Hidden agendas
- Fitting the person round the budget or services



# Working in partnership

- *Professionals* please acknowledge, and use the wealth of information parents have on their son or daughter.
- *Parents* don't give up! Try to negotiate a negative, and promote a positive in getting your young persons needs meet.
- All *agencies* communicate and exchange all information (no closed door policies as this can have a negative impact on the quality of care).

# A journey to removing barriers

“It has been a long and at times a lonely journey to get what is necessary for Laura; all I want for Laura is a future that is secure, safe and fulfilled just the same as any parent would want for their son or daughter. My daughter shouldn't have to self-injure to let you know the system is failing her. I shouldn't have to get to breaking point to try and get the right policies in place. If we all work in partnership and put our young person at the centre of this journey, the outcome will be a happy one.”

# A happy life without barriers is possible

- We have worked hard to get to where we are but the outcome for Laura and us as a family has been tremendous
- Laura is part of a community
- Laura can play a part in society



# The Challenging Behaviour Foundation

- The challenging behaviour foundation turned our lives around by providing the much needed information and support in understanding my daughter's challenging and self-injurious behaviour.
- They are unique in the service they provide and their training has made a difference to the quality of Laura's life.
- Laura's siblings now understand Laura's behaviour and with her support plan in place they now love being with her so our family is in a much happier place.



# Contact details

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