Individual Support Plan Template

Please see guidelines for writing Individual Support Plans for further information.

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| Name of the individual: | Date of birth: | Date completed: |
| Name of the person completing this plan: | Signature: | Date of planned review: |

Accurate baseline description – it’s important to know how an individual is at baseline so that we can measure if specific approaches and responses are effective.

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| Baseline description: | Positive behaviour support/primary strategies that work: |

Reasonable adjustments are changes that are made for individuals to fully access and participate in the service provided.

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| Reasonable adjustments: |  |

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| Anxiety behaviours:  What we might see or hear: | Secondary strategies – Support:  Strategies to support myself:  Strategies staff could use: |
| Defensive behaviours:  What we might see and hear: | Secondary strategies – Support and choices:  Strategies to support myself:  Strategies staff could use: |
| Crisis behaviours:  What we might see and hear: | Tertiary strategies – Support and risk reduction:  Strategies to support myself:  Strategies staff could use: |
| Recovery behaviours:  What we might see and hear: | Support strategies:  Strategies to support myself:  Strategies staff could use: |
| Repair and reflection process:  This should take place when the individual is ready. The debrief document helps with the planning and implementation of this process. | |

Choose specific behaviours to target rather than generalising.