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.