

Adaptive behaviour chart

Date/Time/ place this happened.	What happened (behaviour)?	What happened right before the behaviour/ who was there?	What happened after the behaviour?	What did you do that calmed the person?
10/10/2023 e.g., lunch time / 1pm. Garden Or midnight Kitchen.	e.g., PWD shouted / screamed / awake and walking about / Stripping off clothes.	e.g., people singing / loud music on / neighbour knocking on the door.	e.g., PWD went to sleep / sat on the sofa still looking angry.	e.g., held their hand / played music they like.