

**March 6, 2014**

## **AN INTERACTIVE TUTORIAL – Using a Team Approach to Support Adults with Developmental Disability and Challenging Behaviour**

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### **Case History – MICHAEL**

Michael is a 27-year-old man with a diagnosis of Autism Spectrum Disorder. He has lived in a residential group home with 3 high needs male peers for 2 years. Michael is supported by his mother and father who have found his transition from home to group home challenging, as they wish that Michael were happier. Michael attends a day program with a 1:1 staff 2x/week where he drops off mail within the Community Living head office. He seems to enjoy this activity. Michael has recently been unable to attend his day programming due to his increasingly aggressive behaviour.

Michael presents with a long standing history of self-injurious behaviours which include hitting himself in the head and biting his hand. Staff have observed that Michael's SIBs increase when he is anxious or in pain. Michael is verbal but has a limited vocabulary and significant word retrieval difficulties. Michael's communication partners often have difficulty understanding him due to motor speech difficulties which affect how clearly Michael can articulate. He is well understood by familiar communication partners. It also takes Michael a long time to trust staff/build rapport. Recent changes in staff at the group home have been challenging for Michael to adapt to.

Michael has become physically aggressive toward staff. He is a large man, and could be viewed as intimidating. Support staff are accessing his PRNs more frequently to manage his aggressive behaviour.

Michael seems to enjoy van rides, jumping on a trampoline and swimming. He will often close his eyes and rock back and forth. Staff think this may have a calming effect for Michael.

Michael is very motivated by food and will go to great lengths to access snack foods. For this reason, staff have to lock the cupboards and fridge. Michael eats very quickly, gulping his drinks and barely chewing his food despite staff attempts to cue him to slow down. He will hit his mouth and chest after and during meals. He has regurgitated his food at times.

Michael is now at risk of losing his day program placement. Staff have voiced concerns for the safety of Michael, his peers and themselves. The group home staff have also identified that they feel they are understaffed to meet the needs of the complex individuals that they support.

## **QUESTIONS**

1. Operationally define the challenging behaviours according to QAM legislation Reg 299/10?
2. Using a Biopsychosocial approach, identify factors that could be affecting Michael's behaviour? Identify BIO, PSYCHO, SOCIAL variables.
3. What are your next steps?
4. What clinical experts and supports would you bring in to make a positive impact on Michael's life?

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## **Application of the Biopsychosocial Model to Understand Behaviour**

<b>Operationally defined behaviour</b>	<b>Bio (medical)</b>	<b>Psycho</b>	<b>Social</b>	<b>Plan</b>