

Challenging Behaviour in people with learning disability and autism

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BBC

PANORAMA







Winterbourne View abuse scandal: care patients to be moved from private hospitals

Vulnerable patients are to be moved from NHS-funded private hospitals over the next 18 months in the wake of the Winterbourne View abuse scandal, the Government said yesterday.



Image 1 of 2

The 11 staff members: From top left: Michael Ezenagu, Charlotte Cotterell, Graham Doyle, Neil Ferguson, Danny Brake and Wayne Rogers. From bottom left: Alison Dove, Holly Draper, Jason Gardiner, Kelvin Fore and Sookalingun Appoo Photo: PA



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Winterbourne

- People with learning disability and autism are higher up political agenda
- Use of specialist inpatient services is not generally recommended
- People with learning disability and challenging behaviour need to be supported locally in community settings
 - Including people with very challenging needs
 - Innovative community approaches are advocated

What is the cause of challenging
behaviour?

Challenging behaviour

- Culturally abnormal behaviour
- Frequency- 3 occasions in the last 6 months
- Intensity- significant negative impact on the persons quality of life or life of others
 - Puts physical safety of self/others at risk, or
 - Limits use of ordinary community facilities
- Often persistent, present across a range of personal and social situations
- Not a diagnosis
- Bio-psycho-social aetiological model

Common challenging behaviours

- Verbally aggressive behaviours
- Physically aggressive behaviours
- Destructive Behaviours
- Self Injurious Behaviours
- Sexually inappropriate behaviours
- Oppositional Behaviour
- Demanding Behaviour
- Wandering Behaviour

Causes

- Physical: discomfort, pain, malaise, physiological disturbance (e.g. thyroid disorders)
- Mental illness: mood disorders, psychosis, anxiety, obsessive–compulsive disorders
- Neuropsychiatric disorders: epilepsy, Gilles de la Tourette syndrome, attention-deficit hyperactivity disorder (ADHD), dementia
- Pervasive developmental disorders: autism
- Phenotype-related behaviours: Prader-Willi syndrome, Lesch-Nyhan syndrome
- Psychological trauma: reaction to abuse or loss
- Communication difficulties: hearing loss, unclear communication, insufficient vocabulary or means of expression, difficulties

Can you give him medication for
his behaviour?

Management

- Multidisciplinary – Community Learning Disability Team
- Rule out physical health problems
- Treat any underlying mental illness
- Environmental change
- Meaningful activity
- Communication intervention
- Behavioural interventions
 - Functional Behavioural Analysis
 - Management guidelines
- Family education/therapy
- Support for carers
- Psychodynamic therapies
 - Art therapy, drama therapy

Medication for behaviour problems

- Need to identify cause of behaviour problems
- Treat mental health problems
- Only as part of a holistic care plan
- Usually low doses
- support to deliver medication
- Need physical health monitoring
 - Blood tests, Blood pressure, weight

New developments

- Better housing
- Enhancements at CLDS
- Day services
- Respite
- Positive Behaviour Support

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