

Mental Health and Learning Disabilities



Challenging Behaviour

CHALLENGING BEHAVIOUR

What are challenging behaviours?

A person with challenging behaviour may have the following:

Have temper tantrums

Be un-cooperative

Make unreasonable demands

Injure themselves

Be extremely noisy

Shout at others

Display physical aggression towards others- kicking, biting, slapping

Damage property



CHALLENGING BEHAVIOUR

A person can present with challenging behaviour due to any of the reasons below:



Being in pain

Having a physical illness

Having a mental health problem

Sometimes due to epilepsy

As part of a genetic disorder

Due to problems in the person's environment

Difficulty in communication



What is the treatment for Challenging behaviour?

Gaining a good understanding of the reasons for this behaviour is extremely important.

Treating the cause

Dealing with social and environmental issues

Anger management

Having clear guidelines for communication with the person

Medication can be used if all the above measures fail.



Challenging Behaviour



Various professionals can help and support a person who has challenging behaviour:

Psychiatrist can help to identify the cause for this behaviour.

Medication can be used if behavioural methods do not help.



Community nurses can support with physical and mental health needs.

Outreach nurses will observe the behaviours and suggest ways of dealing with it.



Occupational Therapists can help in suggesting activities which will help in reducing these behaviours.

Speech & Language Therapists can help in dealing with any communication problems.



Psychologists can also help to identify causes and suggest ways of dealing with it.

Social worker will help to make sure that the person is placed in an appropriate care setting.

Help and support



Your doctor:
Telephone Number:

Your Psychiatrist:
Telephone Number:



Your Community Nurse:
Telephone Number:

Other professionals involved:



Other resources:
www.patient.co.uk



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www.leicspt.nhs.uk - www.rcpsych.ac.uk.

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