

[Julie Smith]– GREEN, AMBER & RED STATES

How Julie presents when calm	What we can do
<ul style="list-style-type: none"> Julie will sit or stand calmly. Julie will smile and laugh. Julie will attend to instructions. Julie will engage with people around her Julie will approach people for interaction or affection. Julie is able to wait (approx. 3-5 seconds) for access to items. Julie will use her PECs book or Proloque2Go to request items. Julie will accept being denied access to some reinforcers (except iPad). Julie may elope during sessions (generally seeking for someone to chase her or the opportunity to stim) Julie engages in fewer sensory seeking behaviours including: <ul style="list-style-type: none"> Vocalisations Spinning Stimming on knees Visual stims (straight lines/zooming) 	<ul style="list-style-type: none"> Encourage Julie to engage in calming sensory activities several times a day (approximately every thirty minutes) including: <ul style="list-style-type: none"> Fine motor activities (Drawing or threading) Linear vestibular activities (Jumping on the trampoline, beam walking) Proprioceptive activities (lifting heavy things, body sock, deep pressure, swimming) <i>Note – NOT Spinning</i> Avoid giving Julie access to iPad or TV programmes which are likely to be visually stimulating, out with the agreed timeline to avoid overstimulation. Encourage Julie to engage with her independent play schedule (up to 3 activities) to keep her occupied.

How Julie presents when her anxiety is escalating	What we can do
<ul style="list-style-type: none"> Julie may slam doors (conservatory or kitchen) Julie may elope to stim on the sofa or into the kitchen Julie may begin to make vocalisations (moans, clicks or shouting) Julie may decline to engage. Julie will begin to become red in the face, clench her jaw and fists and will appear red in the face. Julie will actively seek for sensory input including: <ul style="list-style-type: none"> Climbing on cabinets Searching for the iPad Seeking specific TV programmes Eloping with sensory items (wiggly worms, Mr Cuddles, pin art) Squeezes (on feet, chin/jaw or whole body) <p>This could be triggered by:</p> <ul style="list-style-type: none"> Sensory overstimulation Being tired Being told no 	<ul style="list-style-type: none"> Reduce sensory stimulation within the environment (reduce lighting and noise if possible) Attempt to redirect Julie onto a calming sensory activity such as: Fine motor activities (Drawing or threading) <ul style="list-style-type: none"> Linear vestibular activities (Jumping on the trampoline, beam walking) Proprioceptive activities (lifting heavy things, body sock, deep pressure, swimming) <i>Note – NOT Spinning</i> If Julie is intensely seeking for the iPad, check that the front door is locked to prevent elopement onto the road. Reduce access to videos which produce overstimulation. Ensure you are wearing clothing which limits the likelihood of being scratched.

How Julie presents when in an anxious state	What we can do (additional to strategies in Amber)
<ul style="list-style-type: none"> Julie may attempt to abscond from the home across to Gran's house. Julie may slam doors (conservatory or kitchen) with excessive force. Julie may drop onto the floor (either downstairs or in the upstairs hallway) and kick her legs. Julie may attempt to scratch other people (typically in the face area) Julie may grab clothing Julie may pull hair (generally from behind) Julie may hit himself <p>This could be triggered by:</p> <ul style="list-style-type: none"> Being told no Demands being placed when in a heightened state Transitions (particularly away from preferred activities). 	<ul style="list-style-type: none"> Ensure the front door is locked Avoid being in the front porch with Julie. This is a small area which will increase the likelihood of getting hit or scratched. Ensure that the sensory stimulation within the environment is reduced as much as possible. Allow Julie to dictate this at this point, for example if Julie is turning off the lights, do not immediately turn them back on. If Julie is attempting to scratch, adopt 'Named Physical Intervention'. If Julie attempts to hit you, use 'Named Physical Intervention'. If it is necessary to remove Julie to another space use 'Named Physical Intervention' and gradient down to a 'Named Physical Intervention' as soon as possible. As Julie begins to calm ensure to reinforce 'calming-down' behaviour by reinitiating interaction.
<p>*We MUST document all use of physical interventions on an incident report form which must then be passed back for reporting*</p> <p>Ensure, where possible, to re-engage in positive interaction with Julie before the end of the session following the use of Physical Intervention.</p>	