

Behavioural Diary

It can be important to identify if there are any patterns to someone experiencing meltdowns and shutdowns, so you can work together to implement supportive strategy. Completing this behavioural diary can help you to identify any trends.

Day of the Week, Date and Time	What were the signs of meltdown or shutdown?	What happened immediately before the behaviour was observed?	Was there a change to routine? If so, what?	Why does the individual you support think the behaviour occurred?

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

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