



Restraint Reduction Network

MY VIEWS
ARE VERY
IMPORTANT.
THEY WILL
HELP PEOPLE
KNOW HOW
TO HELP
ME...

A copy of this plan will be printed
for me to keep. This plan should
be updated every month.

My Support Plan

My name:

Date I made the plan:

Date for updating the plan:

People that helped
me make my plan:

I want my parents/
guardians to help me
make this plan with staff:

Yes

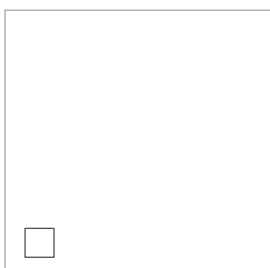
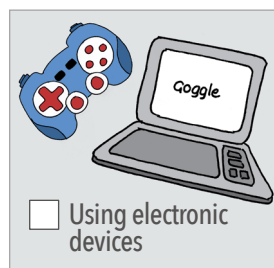
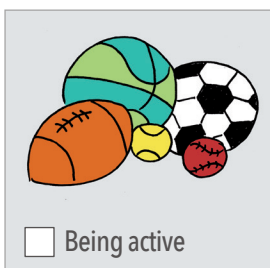
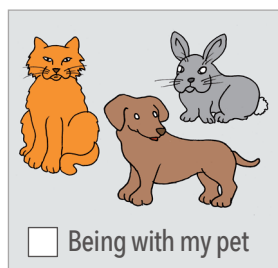
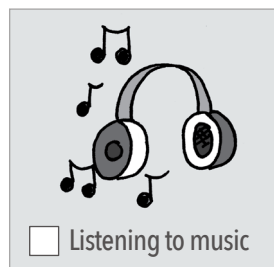
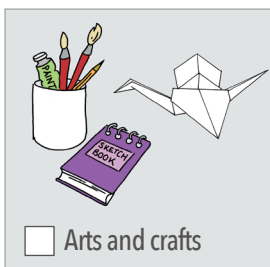
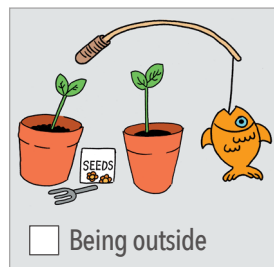
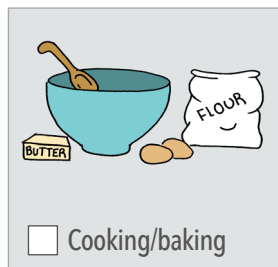
☐

No

☐

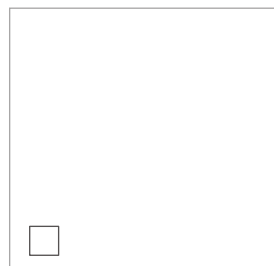
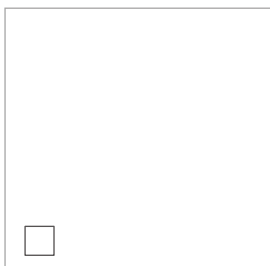
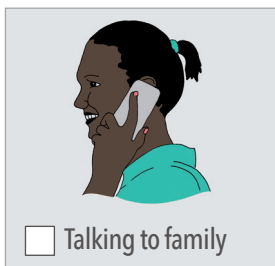
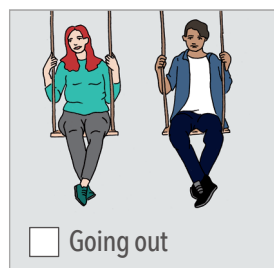
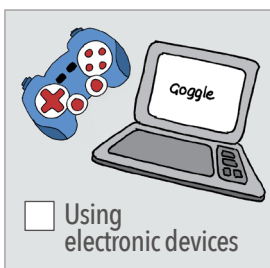
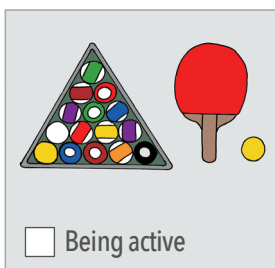
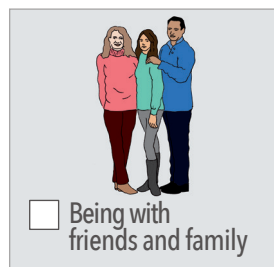
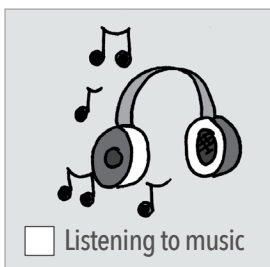
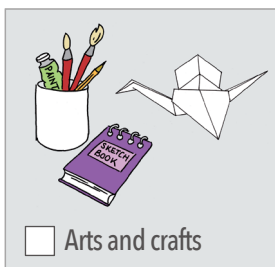
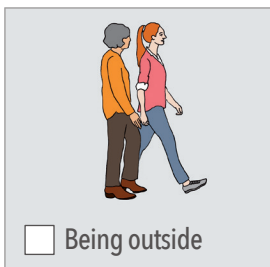
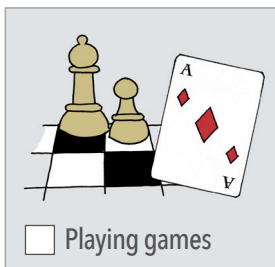
This document
will tell staff
all about how
they can help
to achieve my
goals and stay
settled while I
am being cared
for away from
home.

Things that I like to do at home:



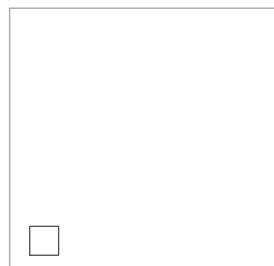
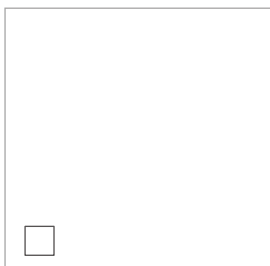
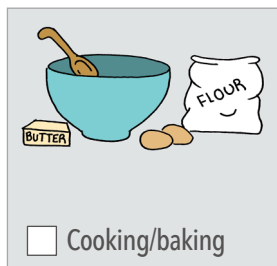
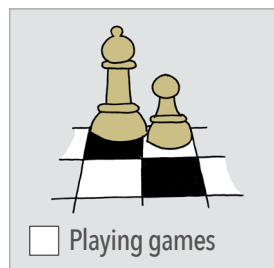
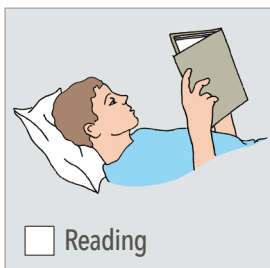
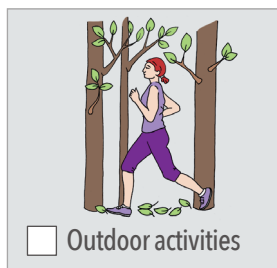
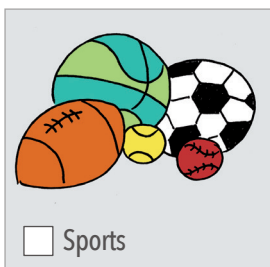
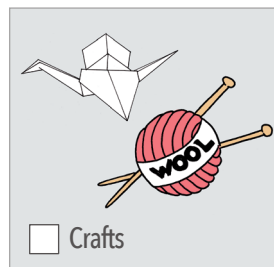
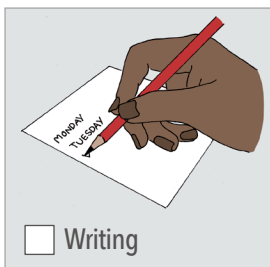
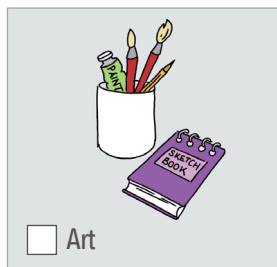
Notes:

Things I like to do when being cared for away from home:



Notes:

What I am good at:

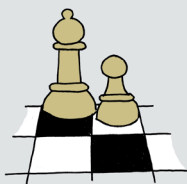


Notes:

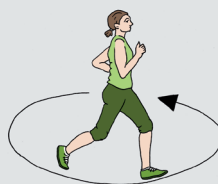
Things that help me feel settled and calm when I am feeling very upset:



☐ Being in a quiet place alone



☐ Playing a game



☐ Exercising



☐ Walking/pacing



☐ Throwing a ball at a wall



☐ Talking with friends



☐ Talking with my family/guardians



☐ Talking with staff/teachers



☐ Listening to music



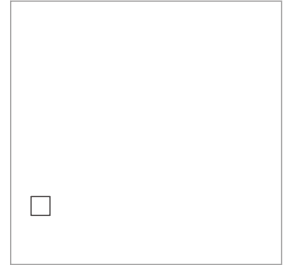
☐ Screaming into a pillow



☐ Punching a pillow



☐ Reading a book



Things that I might do or feel when I am stressed, agitated or hurt:



☐ Pacing to self-regulate



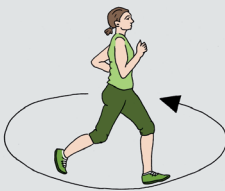
☐ Shouting to express distress



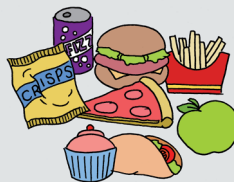
☐ Repetitive movement



☐ Red face



☐ More/less active



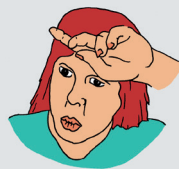
☐ Eating more/less



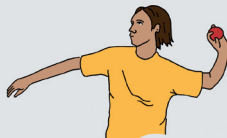
☐ I want to be alone



☐ Talking more/less than usual



☐ Breathing hard



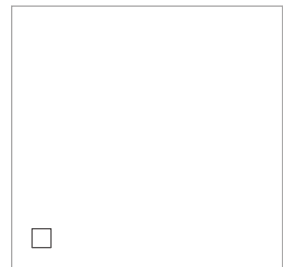
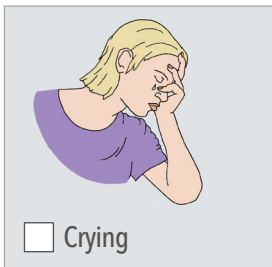
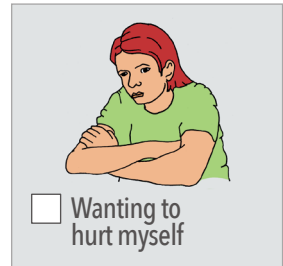
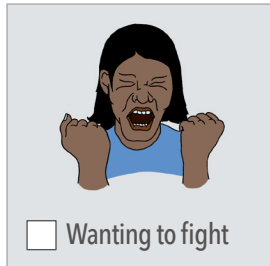
☐ Throwing/hitting things



☐ Fast heart rate



☐ Clenching teeth



When I am very upset and distressed:

I'M WORRIED ABOUT...



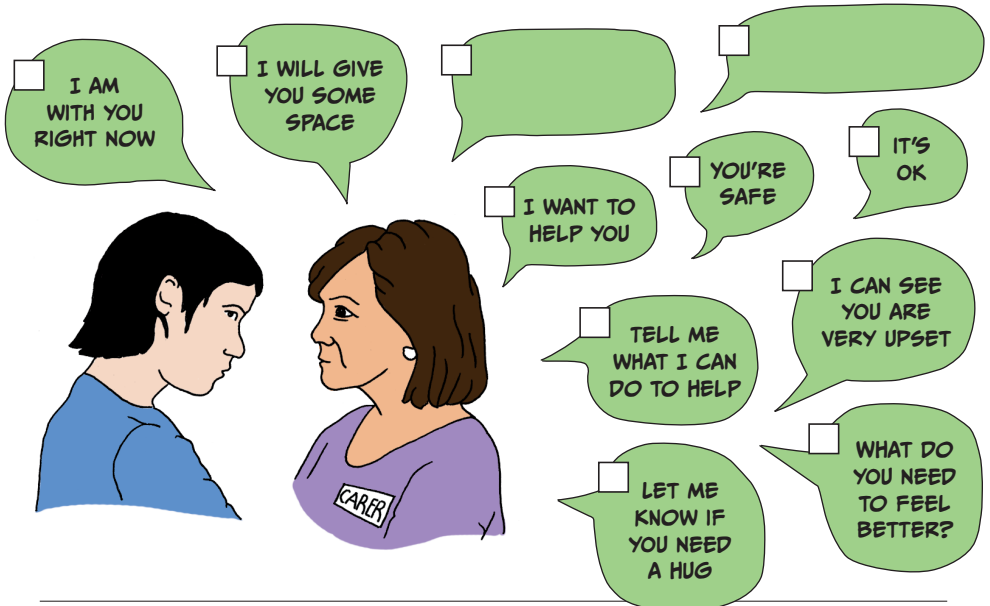
What do you worry about when having an incident?

I'M GOOD AT...



These are things that I can do to help myself:

These are words or sentences that people can say to help me:

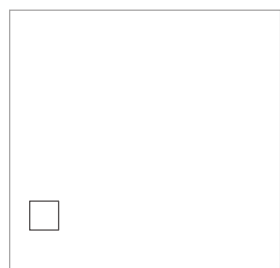
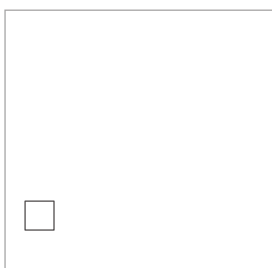
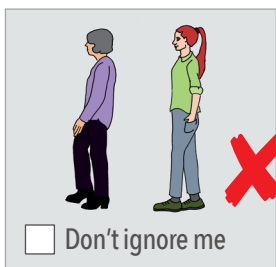
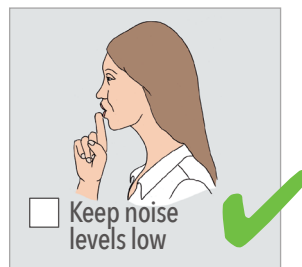
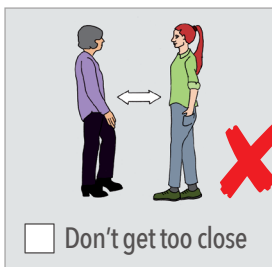
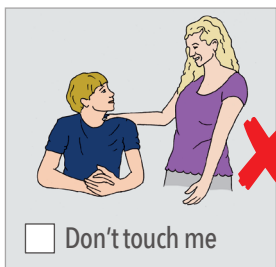


I prefer:

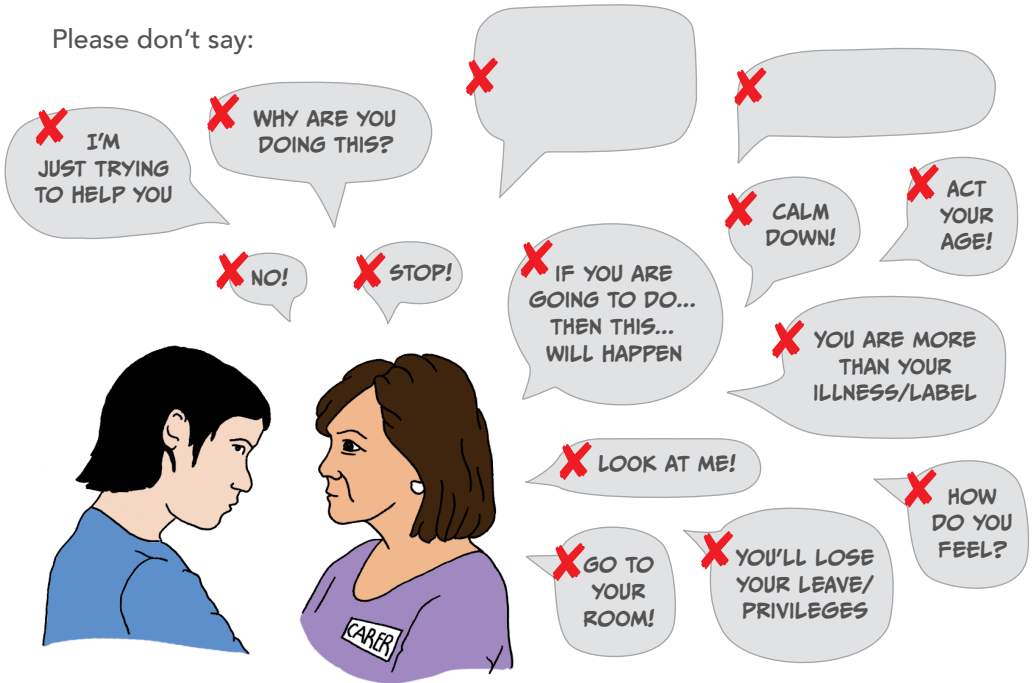
☐ Male support staff☐ Female support staff☐ I don't mind

This is what my parents/guardians think is helpful:

When I am distressed or recovering from distress:

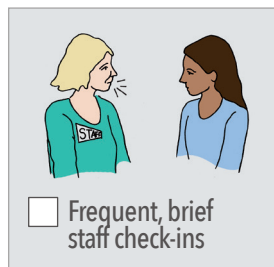


Please don't say:



This is what my parents/guardians think is NOT helpful:

The support I need *soon after* I have been very distressed:

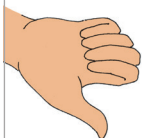


Please use these strategies from the section, "Things that help me feel settled and calm when I am feeling very upset" on pages 8 and 9:

Things I would like staff to do/say:



Things I would like staff to NOT do/say:



This is how I would like my parents/guardians to be informed about my episode of distress:

I would like support to connect with my parents/guardians after I have been very distressed:



☐ I will contact parents/guardians

After I have been distressed, staff will talk to me BEFORE connecting with my parents/guardians:




☐ Staff will contact parents/guardians


The support I need to happen *the day after* I have been very distressed:



☐ To spend time doing enjoyable activities




☐ To be able to connect with other people



☐ Frequent brief staff check-ins



☐ One longer staff check-in



☐ To be left alone until the next day

☐

Please use these strategies from the section, "Things that help me feel settled and calm when I am feeling very upset" on pages 8 and 9:

Things I would like staff to do/say:



Things I would like staff to NOT do/say:



This is how I would like my parents/guardians to be informed about my episode of distress:

I would like support to connect with my parents/guardians after I have been very distressed:



☐ I will contact parents/guardians

After I have been distressed, staff will talk to me BEFORE connecting with my parents/guardians:



☐ Staff will contact parents/guardians

My Support Plan

Staff signature:

Signature of person receiving care:

Parent/guardian signature (if appropriate):