

The ABC's of Behavior

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Why?

- Assessment – why is behavior occurring and why does it continue?
 - Look for patterns in settings, times, days, activities
 - Snapshots of moments for team to determine why problematic behavior occurs
 - Facts and descriptions; not opinions

Why?

- 5123-2-06 Development and implementation of behavioral support strategies.
 - (F) Implementation of behavioral support strategies with restrictive measures
 - (3) After each incidence of manual restraint, a provider shall take any measures necessary to ensure the safety and wellbeing of the individual who was restrained, individuals who witnessed the manual restraint, and staff and minimize traumas for all involved
 - (4) Each provider shall maintain a record of the date, time, and antecedent factors regarding each event of a restrictive measure other than a restrictive measure that is not based on antecedent factors (e.g., bed alarm or locked cabinet). The record for each event of a manual restraint or a mechanical restraint will include the duration. The provider will share the record with the individual or the individual's guardian, as applicable, and the individual's team whenever the individual's behavioral support strategy is being reviewed or reconsidered



What are antecedents?

- What happens behavior a behavior?
 - Where is the behavior occurring (kitchen, bedroom, park, etc.) be specific
 - What is the person doing (watching television, being asked to do something, being asked to stop doing something)
 - What is occurring in the environment – what is the activity going on, who is present, what are others doing, what is the setting like (noisy, bright, etc.) what were they doing, what was the setting like (noisy, bright, etc.)
 - What is the activity – what is scheduled – is it delayed, is it a new activity, was the plan changed, are we transitioning from one activity to another, anything different than normal
 - What is being asked of the individual?

Behavior

- Pretend a camera is recording the behavior and describe what you see
- List multiple behaviors in order they occur
- How long did it last?
- How intense...scale 1- 10
- Did anyone get hurt?



Consequence – what happens after the behavior?

- What did the person do after the behavior – where did they go, did they cry, say they were sorry, etc.
- What did you do in response to behavior – what words did you use to redirect, what did you physically do
- Anything given, taken away – food drinks items
- What did other people do after the behavior
- Was reassurance given such as verbal “it’s OK”, physical reassurance – a hug
- Did the person engage in another activity after the behavior?
- Was prn or physical interventions used

ABC documenting

- Facts not opinions
- If there is no obvious trigger – focus on setting – place time activity level etc.
- Document as soon as safely possible to for best recollection of events
- Each person completes their own documentation– see things differently

ABC Documentation Forms

Date / Time	Antecedent: What happened before the behavior	Behavior	Consequence	Comments / Name
10/23 8 AM – 8:30 AM	Asked person to change them	Yelling and screaming loudly – went on for 5 minutes – yelling every time I said anything, loud enough to wake up peers.	Told housemates don't like it when you yell, stop yelling, you can't get breakfast until I change you Called behavior support specialist to talk to him	Susan

RM- Data Collection Example

Jane – Behavior Data

- **Location Codes:** H = Home, T=During transportation, C=community activity / apt., O= other-list location in comment section
- **Behavior Descriptions = Self Harm** = B=Biting Self, FS=Fecal smearing, R=Ripping Clothing, ST=Stripping, S=scratching, picking at skin, PD=Prop Destruction. **Harm to others** = S=Scratching, HP=hair pulling, G=Grabbing, PD
- **Interventions:** Reassurance, blocking, redirection to preferred task, REMOVE from Area (Restrictive measure)

Practice

- <https://www.youtube.com/watch?v=IOAfEzDfZmc>
- <https://www.youtube.com/watch?v=4PI6KaofB88>
- <https://www.youtube.com/watch?v=wX4j6MG794Q>
- <https://www.youtube.com/watch?v=JA96Fba-WHk>