

Crisis Prevention and Management Plan

for Adults with Intellectual and other Developmental Disabilities (IDD) at Risk of or During Behavioral Crises

Crisis Plan for:

Name: _____

DOB ____/____/____

Date: _____

A Crisis Prevention and Management Plan for an adult patient with IDD addresses serious behavior problems and helps prevent, or prepare for, a crisis. It describes how to recognize the patient's pattern of escalating behaviors. It identifies responses that are usually effective for this patient to prevent (if possible) a behavioral crisis, or to manage it when it occurs. The Crisis Prevention and Management Plan is best developed by an interdisciplinary team.

- Describe stage-specific signs of behavior escalation and recommended responses.
- Identify when to use "as needed" (PRN) medication.
- Identify under what circumstances the patient should go to the Emergency Department (ED).

(See example of completed Crisis Prevention and Management Plan below.)

Problem behavior:

Stage of Patient Behavior	Recommended Caregiver Responses
Normal, calm behavior	Use positive approaches, encourage usual routines
Stage A: Prevention (<i>Identify early warning signs that signal increasing stress or anxiety.</i>)	Be supportive, modify environment to meet needs (<i>Identify de-escalation strategies that are helpful for this patient.</i>)

CRISIS PREVENTION AND MANAGEMENT PLAN

Name: _____ DOB ____ / ____ / ____

Stage of Patient Behavior	Recommended Caregiver Responses
<p>Stage B: Escalation (<i>Identify signs of the patient escalating to a possible behavioral crisis.</i>)</p>	<p>Be directive (use verbal direction and modelling), continue to modify environment to meet needs, ensure safety</p>
<p>Stage C: Crisis (<i>Risk of harm to self, others, or environment, or seriously disruptive behavior, e.g., acting out.</i>)</p>	<p>Use safety and crisis response strategies</p>
<p>Stage R: Post-crisis resolution and calming</p>	<p>Re-establish routines and re-establish rapport</p>

Individual responsible for coordinating debriefing after any significant crisis, and for regularly updating the Crisis Plan:

Name, Designation, Agency: _____ **Tel. #:** _____

Example of Completed Crisis Prevention and Management Plan	
Crisis Plan for: Name: <u>Jack Doe</u> DOB <u>02/20/1952</u> Date: <u>05/13/2010</u>	
Problem behavior: Verbal threats, swearing, physical aggression	
Stage of Patient Behavior	Recommended Caregiver Responses
Normal, calm behavior Talks well about work, people, follows routine, enjoys others, laughs, good rapport with peers. Prefers quiet; dislikes loud noises from radio, TV.	Use positive approaches, encourage usual routines Positive instructions (when you do... then you can...); joke with Jack; clear directions; reinforcement for pleasant conversation about work, others; following routine; being proud of himself.
Stage A: Prevention (<i>Identify early warning signs that signal increasing stress or anxiety.</i>) <ul style="list-style-type: none"> Complaining about work or co-worker or anyone he has had contact with on arrival at the group home. Says that they shouldn't be able to do that or they didn't follow the rules. 	Be supportive, modify environment to meet needs (<i>Identify de-escalation strategies that are helpful for this patient with DD.</i>) <ol style="list-style-type: none"> Take Jack to quiet room. Talk with him about what is wrong. (What happened? How does he feel? Illness?) Ask him to develop a solution (with your help, if necessary) – what will make it better? Have him write down the problem and solution for later reference when he thinks about it again. Continue to redirect verbally with positive words. Reinforce any calm behaviors. <i>Go to next stage</i> if behavior escalates.
Stage B: Escalation (<i>Identify signs of the patient with DD escalating to a possible behavioral crisis.</i>) <ul style="list-style-type: none"> Swearing about people or situations in a loud voice and pacing (walking back and forth from one end of the living room or hallway to the other without stopping). 	Be directive (use verbal direction and modelling), continue to modify environment to meet needs, ensure safety <ol style="list-style-type: none"> Ask Jack to sit; sit with him (remember distance). Ask to help him discuss or read the solution he wrote earlier. Ask if there is another problem. Resolve. Have him engage in relaxation techniques, e.g., breathing slowly with you. If he refuses to comply, follow direction or escalates, go to <i>next stage</i>.
*PRN: Administer the PRN if Jack swears and paces for five continuous minutes (Stage B) or refuses to calm down and breathe slowly with staff member (Stage C) after two requests.	
Stage C: Crisis (<i>Risk of harm to self, others, or environment, or seriously disruptive behavior, e.g., acting out.</i>) <ul style="list-style-type: none"> Throwing objects at the walls or floors. Jack's pacing becomes quicker and he begins to dart toward things, grabs them and throws them. Threatening bodily harm and hitting/ kicking others and saying demeaning words or swearing (e.g., "Get out of my way you _____ or I'll hit you.") 	Use safety and crisis response strategies <ol style="list-style-type: none"> Keep critical distance. Put something between you and Jack; ensure you have an exit. Say "Stop, Jack, time to calm down, breathe with me" (model breathing). If no reduction/refusal, say, "Jack, stop, I'm calling people to help." Remove or tell others to leave the area. Leave the area – call 9-1-1. Have patient taken to ED by ambulance, with <i>Essential Information for ED, Crisis Prevention and Management Plan, list of medications being taken</i>, and accompanied by a staff member.
Stage R: Post-crisis resolution and calming Jack will go to his own room and talk quietly. He will ask politely if he can talk about what happened when he is calm.	Re-establish routines and re-establish rapport When Jack has calmed, talk with him for a few minutes and have him re-engage in his routine as soon as possible. Reinforce Jack's calm activity

Individual responsible for coordinating debriefing after any significant crisis, and for regularly updating the Crisis Plan:

Name, Designation, Agency: Michael Smith, Behavior Therapist, Smalltown Regional Services **Tel. #:** 705 123 4567

** In this example a PRN medication had been prescribed. Team and patient agreed on the circumstances and stage of escalation when it should be given. A line was drawn across this chart to make clear to everyone at what stage of escalation to give the PRN.*