

# Creating an Individualized Behavior Support Plan

<p>✓ When Complete</p>	<h2>Creating an Individualized Behavior Support Plan</h2> <p><i>Complete Each Step</i></p>	
	<p><b>Select the target individual.</b>  <b>Select the behavior</b> of concern that the team would like to help the individual change          Questions to consider: What behavior is having an impact on the individual's ability to access learning, LRE, social opportunities, or safety?          What behavior would the team be willing to focus on to learn a new process?</p>	
	<p><b>Define the behavior</b> in measureable terms</p>	
	<p><b>Identify underlying challenges</b> that may be associated with the behavior</p>	
	<p><b>Summarize</b> underlying challenges in section 1 of intervention form</p>	
	<p><b>Identify antecedents, setting events, triggers, consequences, reinforcement, and hypothesis.</b> These are your initial ideas. You may refine as you go through the process</p>	
	<p><b>Summarize</b> setting events, triggers, and reinforcement in section 2 of intervention form</p>	

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	<p><b>List strengths and skills</b> of the individual that can be used to help support a behavior change.</p>	<p>Begin with Success: Recognize the Strengths</p>
	<p><b>Summarize</b> strengths and skills in section 3 of intervention form</p>	
	<p><b>Identify additional skills</b> needed to improve the behavior of concern. Review the individual's current strengths and skills, looking for gaps in skill and knowledge that would be helpful and necessary.</p>	
	<p><b>Consider data</b> questions for identified behavior. What will you measure? Frequency? Duration? Intensity? How and When?</p>	<p><b>Data and Your Individual</b></p>
	<p><b>Consider reinforcement</b> questions for identified behavior. You will individualize and improve success of the plan with the discovery of this information.</p>	<p><b>Reinforcement and Your Individual</b></p>
	<p><b>Identify equivalent substitute (or replacement) and related skills</b> to teach in section 5 of intervention form. Target specific skill(s) that need to be taught to replace the behavior of concern and to improve the individual's abilities.</p>	

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	<p><b>Identify possible interventions/strategies</b> for identified behavior in section 6 of intervention form. Align or connect the areas of challenge (Section 1), strengths (Section 3) with the selected strategies (Section 6).</p>	
	<p><b>Decide if enough baseline data</b> for identified behavior exists; if not, decide how long to collect baseline data</p>	
	<p><b>Choose the interventions/strategies/supports</b> for the initial implementation of the plan. Strategies to: <b>teach</b> the new skills to <b>replace</b> behaviors, <b>reinforce</b> new skills, <b>change triggers and setting events</b>, <b>use strengths</b> and individual motivators.</p>	
	<p>Use <b>Strategy Assessment and Revision Worksheet</b> and Guiding Questions sheet to review strategies that will be part of the behavior plan</p>	
	<p>Optional Forms: Fill in <b>Action Steps for Behavior Support Plan</b> Sheet to help organize next steps</p>	

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	<p>Fill in <b>Review and Check Plan Sheet</b> to see if plan addresses all areas</p>	<table border="1" style="width: 100%; border-collapse: collapse; font-size: 8px;"> <thead> <tr> <th style="text-align: left;">Name</th> <th colspan="3" style="text-align: left;">Behavior:</th> </tr> <tr> <th style="text-align: left;">Performance Skills:</th> <th colspan="3"></th> </tr> <tr> <th style="text-align: left;">Related Skills:</th> <th colspan="3"></th> </tr> <tr> <th style="text-align: left;">Area of Concern Change the subject to Learning Challenges</th> <th style="text-align: center;">Strategies that Change Selfing Issues</th> <th style="text-align: center;">Strategies that Decrease Stressors</th> <th style="text-align: center;">Strategies that Teach and Reinforce Substitute or Prefered Skill</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Emotional Anxiety &amp; Change</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: left;">Sensory/ Biological/ Motor</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: left;">Social Interaction/ Communication</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: left;">Activities and Hobby Interest</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Name	Behavior:			Performance Skills:				Related Skills:				Area of Concern Change the subject to Learning Challenges	Strategies that Change Selfing Issues	Strategies that Decrease Stressors	Strategies that Teach and Reinforce Substitute or Prefered Skill	Emotional Anxiety & Change				Sensory/ Biological/ Motor				Social Interaction/ Communication				Activities and Hobby Interest			
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