Mental Health and Learning Disabilities

Challenging Behaviour
What are challenging behaviours?

A person with challenging behaviour may have the following:

- Have temper tantrums
- Be un-cooperative
- Make unreasonable demands
- Injure themselves
- Be extremely noisy
- Shout at others
- Display physical aggression towards others - kicking, biting, slapping
- Damage property
### CHALLENGING BEHAVIOUR

A person can present with challenging behaviour due to any of the reasons below:

- Being in pain
- Having a physical illness
- Having a mental health problem
- Sometimes due to epilepsy
- As part of a genetic disorder
- Due to problems in the person’s environment
- Difficulty in communication

### What is the treatment for Challenging behaviour?

Gaining a good understanding of the reasons for this behaviour is extremely important.

- Treating the cause
- Dealing with social and environmental issues
- Anger management
- Having clear guidelines for communication with the person

Medication can be used if all the above measures fail.
Various professionals can help and support a person who has challenging behaviour:

Psychiatrist can help to identify the cause for this behaviour.

Medication can be used if behavioural methods do not help.

Community nurses can support with physical and mental health needs.

Outreach nurses will observe the behaviours and suggest ways of dealing with it.

Occupational Therapists can help in suggesting activities which will help in reducing these behaviours.

Speech & Language Therapists can help in dealing with any communication problems.

Psychologists can also help to identify causes and suggest ways of dealing with it.

Social worker will help to make sure that the person is placed in an appropriate care setting.
### Help and support

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