

Challenging Behaviour National Strategy Group
May 2010

The Challenging Behaviour Charter



Challenging
BEHAVIOUR
foundation



**making a difference
to the lives of people with
severe learning disabilities**

What is challenging behaviour?



Challenging behaviour is things like hitting your own head against a wall, pulling curtains down, or pulling someone's hair.



Often people do this because they cannot communicate with words and they have little or no choice and control over what is happening to them.

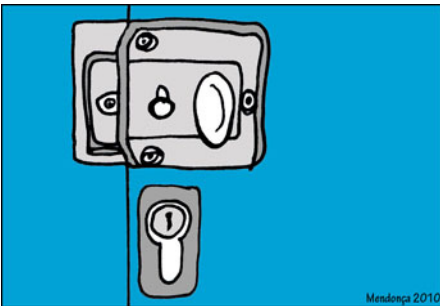
People with learning disabilities who show challenging behaviour can be treated very badly. They may live or spend time in places and with people they don't like.



They may be given too much medication to keep them quiet.



They may be restrained (held by force).



They may be locked in a room or stopped from going out.

We want to make sure that people with learning disabilities who show challenging behaviour get access to the same rights, opportunities and support as everyone else. We want everyone to sign up to this *Challenging Behaviour Charter*.

The Challenging Behaviour Charter



1. People will be supported to know about and make use of Human Rights. They will get help to stay healthy and to be an important part of the community where they live. They will be helped in ways that make sure other people give them respect. The person's age, sex, race, beliefs, sexuality or disability will not be a reason for discriminating against them.



2. People will find out everything they can about a child who has behaviour problems. They will help and support them and their family as soon as possible. So when they grow up they will not have as many problems.



3. Families will be helped to be healthy and happy together.



4. People will have person-centred planning and support that is just for them. Plans and services will know all about how people communicate. Their support will change if it needs to. People will get help from the services where they live.



5. People should have the best help to be as well and healthy as they can be.



6. People have the same rights as everyone else to a family and social life, relationships, housing, education, work and leisure.



7. Care and support should be given by people who are properly trained. They should be able to support the person with whatever they need and whatever problems they have. They should support people in ways that have been shown to work best. They should be able to get extra help from specialists when they need it.



8. Everyone must do everything that they can to make sure that people will not be hurt or made to feel bad by the things that are done to cope with difficult behaviour.



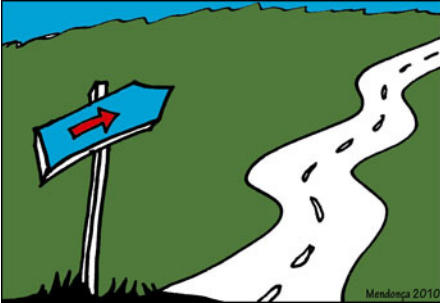
9. Carers, supporters and staff must make sure that they find out what are the best ways to help people who have problems. They must find out what is up to date and what works from people who study these things. 8

About the National Strategy Group

The National Strategy Group put this charter together.



The National Strategy Group covers England, Wales, Scotland and Northern Ireland



A strategy is a plan about how to do things in a joined up and sensible way.



We want everyone to work together to provide better support for these people so they have better lives.

The National Strategy Group thinks it's really important to help this group of people, including children.



**making a difference
to the lives of people with
severe learning disabilities**

The Challenging Behaviour Foundation

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Do you want to sign-up to The Challenging Behaviour Charter?

I / We:

.....
(write your name or the name of your organisation)

agree with this charter and would like to work with the
National Strategy Group so that people who challenge
get better lives.

All individuals or organisations who sign this form may
have their name put on the Challenging Behaviour
Foundation website (your telephone number and e-mail
address will not be put on the website). I / We give my
/ our permission to be added to the list of people who
have signed up to the charter.

Your name:

Job title (if appropriate):

Name of organisation:

.....

Signed:

Date:

Your Contact Details:

Address:
.....
.....

E-mail address:

Phone number:

Thank you for signing up to the Challenging Behaviour Charter, we are looking forward to working with you!

Please cut out this page and send it to:

The Challenging Behaviour Foundation
The Old Courthouse
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