

# Challenging behaviour and learning disabilities: prevention and interventions for people with learning disabilities whose behaviour challenges

Information for the public

Published: 29 May 2015

Last updated: 24 July 2019

[www.nice.org.uk](http://www.nice.org.uk)



NICE has written advice about good support for people with a learning disability and behaviour that challenges.



The advice is for everyone who works with children, young people and adults with a learning disability, and their families and carers.



We've produced an EasyRead version of our advice about good, safe support.

If you have a learning disability you may want to look at this with support from a family member, friend or carer.

[View the EasyRead version about support \(https://www.nice.org.uk/guidance/ng11/resources/people-with-a-learning-disability-and-behaviour-that-challenges-easy-read-version-pdf-64199918\)](https://www.nice.org.uk/guidance/ng11/resources/people-with-a-learning-disability-and-behaviour-that-challenges-easy-read-version-pdf-64199918)

## What does the advice say?



People sometimes behave in a challenging way when things are not right for them. This advice is about:

- making sure you always have a say in your care
- making a plan together to support your behaviour
- helping staff look out for things that might not be right for you and deal with problems early
- thinking about how your health might affect your behaviour
- making sure staff know how to keep you safe
- giving your family and carers support too.

## What is the advice for?



We want this advice to help people with a learning disability, and their families and carers, get the right care and support to live a good life.

## Other advice from NICE



NICE has also written advice about services for people with a learning disability and behaviour that challenges.

It goes with this advice about good support.

[View the EasyRead version of our advice about services \(https://www.nice.org.uk/guidance/ng93/resources/services-for-people-with-a-learning-disability-and-behaviour-that-challenges-easyread-version-pdf-4788783470\)](https://www.nice.org.uk/guidance/ng93/resources/services-for-people-with-a-learning-disability-and-behaviour-that-challenges-easyread-version-pdf-4788783470)

There is also a short video explaining the advice.

## Improving services for you



NICE has also worked with experts to agree 12 things that services could do to make the most difference to people's care. This is called a [quality standard](#).

- There is 1 person in charge of all local services for people with a learning disability, who knows what people need.
- You have a detailed health check up every year.
- You are asked about the things that might make you behave in a way that challenges in an assessment. This is so staff can understand you and help stop it happening.
- You have 1 person that you can contact if you have questions or need help from different services.
- Your family or carers help plan your support and know what to do if you have a crisis.
- Parents or carers of children under 12 get special training.
- You can do an activity every day that you enjoy.
- You can get support close to home from specialist staff.
- You have choice about where to live.
- If staff need to restrict you (like holding you) to keep you safe they should write down what they do and talk about how to make things better for you.
- You are only given medicine to help your behaviour if you have talking therapy too.
- If you are taking medicine staff should check often if it is working and if you can stop taking it.

## Where can I find out more?



These people can give you more advice and support.

Their information is not written by NICE.

- [Mencap](#), 0808 808 1111
- [Foundation for People with Learning Disabilities](#)
- [The Challenging Behaviour Foundation](#)
- [Include Me TOO](#), 01902 711604/399888
- [The Judith Trust](#).

## Who wrote this guideline?



NICE wrote this guideline with people who have a learning disability, their families and carers and staff who support them. All the decisions are based on the best research available.

ISBN: 978-1-4731-2908-5

## Accreditation

