The Green Pro-active phase is where (Insert Name)is most relaxed and calm and able to engage positively with you in a meaningful way.	
What (insert name)will look like that may give you indication that they are happy & relaxed **When Happy & Relaxed**: **Verbal** (List tone of voice; things the person say; noises the person makes etc.,) **Facial Expression** (List what can be seen DIS-DAT assessment will support this process) **Body Language & behaviours** (List how the person interact with other; what is her personal appearance; "normal" routines and behaviours)	Things that we should do to keep in the Green as much as possible. **Communication – How I like people to communicate with me both verbally and non verbally** **Structure & Routine – Things I enjoy doing; people I like to be around; Routine that are important to me:** .**Sensory Strategies – Environment's that I enjoy being in; sensory activities which I engage best in; Sensory information that is important to know**

The Amber Active Phase is where (inser name)maybe starting to feel anxious or distressed and there is a change that they may need to challenge you in some way. Here we need to take quick action to support them to return to the primary phase as quickly as possible to prevent behavioural escalation.	
Known Triggers which have been observed and known to make (insert name) feel anxious and distressed •	
	Action Required By Staff
Stage 1 very early signs that (insert name) maybe starting to feel distressed (list changes to: • Verbal communication • Body Language • Facial Expression • Behaviours	You can be in the same room as (insert name) at this point. **List action which can be use to:** • **divert attention** • **resolve trigger** • **how should we communicate** • **What is our body language** • **<u>If prescribed PRN medication for anxiety/distress refer to protocol for signs and administration of use at this stage as oral medication will require time to have effect</u>**
Stage 2 How does this escalate? •	• Encourage person to sit down. Doing so in a positive approach • Reduce your language when talking . Use the KISS technique- K-keep I-it S-short S-slow • Staff will get ready to leave • List techniques that are specific to the person that helps them relax or motivates them

The Red Reactive Phase is where challenging behaviour actually occurs and we need to do something quickly to achieve safe and rapid control over the situation to prevent unnecessary distress and injury.	
Stage 3 At this stage (insert name) will become increasingly physically/emotionally & psychologically aroused. **Verbal** **Physical**	**Action Plan** If Physical Intervention has been agreed in the persons support needs, List these here; given specific instruction on how this is carried out in a supportive manner, being mindful of the persons dignity and human rights. If not physical intervention is agreed, staff should remove themselves to distance of safety until Post Reactive Phase sign are evident. Agreement with MDT will guide this decision
The Blue Post Reactive Phase is where the incident is over and (insert name) is starting to recover and become calm. **We still need to be careful here as there is a risk of behaviour escalating quickly and it may take some time to reduce arousal levels. Adrenaline will remain in their system for 90 mins**	
Stage 4 Recovery Stage Evidence that (insert name) is returning to a calm and relaxed manner is:	Action Plan Be mindful that the person may now be tired; hungry or thirsty. **If PRN or Physical intervention has taken place, it is vital that staff monitor the persons well being verbally and physically for sign of adverse affect.**

Signed: Date

REVIEWED

DATE	COMMENTS	ACTIONS	SIGN