

| ABC (Antecedent-Behaviour-Consequence) Chart To record baseline information for incongruent, challenging or problematic behaviours* | | | | Name: |
|---|--|--|---|---|
| | | | | DOB: |
| Occasion Date Time Observer | Pre-existing conditions Factors that increase vulnerability or sensitivity to triggers | Antecedent What happened just before the behaviour occurred and might have triggered it? Include SETTING & ACTIVITY | Behaviour Describe the behaviour as accurately and specifically as possible. Include <u>frequency</u> , <u>duration</u> , and <u>intensity</u> on a scale of 1 to 5 (5 is <u>most severe</u>). | Consequence Things that happened immediately after the behaviour occurs, and make it more or less likely to happen again |
| Example | | | | |
| Date Feb 6/10 Time 6:30-7:10 pm Observer Rene – primary staff member | John's mother was in hospital with broken hip, and could not visit. John had a toothache. John's usual primary staff member was on holidays. | John was eating supper in kitchen when another resident bumped into him when passing food. | John started to yell and threw his plate across the table. He ran out of room, screamed for 10 minutes and threw cushions around living room. The intensity was 4/5. | Staff tried to direct John to his room for a time-out but he became more agitated. They also tried to distract him with ice cream but were unsuccessful. They directed other residents to leave the room. John began to hit staff when they approached him. Staff observed him from a distance, gave him time and reduced stimuli, and he calmed down in about 30 min. |
| Date Time Observer | | | | |
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*Adapted from www.peatni.org/directory/resources/index.asp with input from **Caroll Drummond**, Behaviour Therapist, Surrey Place Centre