



The Challenging Behaviour Charter



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Useful resources:

Challenging Behaviour Foundation

The Old Courthouse
New Road Avenue
Chatham
ME4 6BE
www.challengingbehaviour.org.uk

Psychological

Tavistock Centre
www.tavistockandportman.nhs.uk

Norah Fry Institute

www.bristol.ac.uk/norahfry/

Raising our sights: services for adults with profound intellectual and multiple disabilities

J Mansell
2010 Tizard Centre,
University of Kent
[www.dh.gov.uk/en/
Publicationsandstatistics/
Publications/PublicationsPolicy-
AndGuidance/DH_114346](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicy-AndGuidance/DH_114346)

Learning disabilities Observatory Improving Health and Lives

[www.improving-healthandlives.
org.uk](http://www.improving-healthandlives.org.uk)

Introduction

This charter, concerning the needs of individuals with learning disabilities who are perceived as challenging to services and others, was compiled in 2008 and published in 2009. Since then many individuals and organisations have signed up to the charter.

You can find out who they are on the CBF website www.challengingbehaviour.org.uk.

Following the Panorama programmes on the Winterbourne View abuses and reports flowing from that, we are republishing this charter in 2013.

There is still so much to be done.

The Challenging Behaviour Charter

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.



Charter Principles

- 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 and be given the appropriate support to achieve this.
- 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.

Charter Principles (cont.)

- 6** People have the same rights as everyone else to a family and social life, relationships, housing, education, work and leisure.
- 7** People have the right to supports and services that create capable environments. These should be developed on the principles of positive behavioural support and other evidence based approaches. They should also draw from additional specialist input as needed and respond to all the needs of the individual.
- 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.

Actions to be taken:

- 1** Children and adult services will have long-term, jointly developed and commission plans, to meet the needs of children and adults with learning disabilities, their families and carers.
- 2** Local Authorities and the NHS will develop and co-ordinate plans for young children to:
 - reduce the exposure to environmental conditions that may lead to behavioural challenges.
 - promote the resilience when faced with such environmental conditions.
 - provide early intervention, support and services that will meet individual needs.
- 3** Active listening to the needs of the family which will lead to the provision of support, information and training.
- 4** People will be supported to have a good quality of life.
- 5** The NHS will proactively plan to ensure that people receive the same range, quality and standard of healthcare as everyone else, making reasonable adjustments when required, including annual health checks and health action plans.

Actions to be taken:

- 6** People and their family carers will receive support and be involved in services that are timely, safe, good quality, co-ordinated and seamless - in both general and specialist services.
- 7** A holistic person centred approach which enables the managing of risk.
- 8** Local Authorities and the NHS will know how many children and adults live in their area and how many are placed out of area.
- 9** All services will seek to reduce the use of physical intervention, seclusion and mechanical restraint including the inappropriate use of medication.
- 10** All services will strive to continually use up to date evidence, to ensure good care, support and treatment to deliver positive outcomes for the individual.

Signing Up

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

If you do please send us the following information:

- Your Name & Address
- Your Job Title
- Your Organisation
- Your e-mail
- Your contact phone number

Please send to:

The Challenging Behaviour Foundation,
The Old Courthouse,
New Road Avenue,
Chatham,
ME4 6BE



Challenging
BEHAVIOUR
foundation



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

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