# **Appendix 1:**

ABC stands for Antecedence, Behaviour and Consequence, and is an important way of reviewing how well a person with behavioural problems is responding to different situations. Completed ABC charts and / or diaries must be reviewed along with the person-centred care plan at regular intervals, including at medication review, to help decide what plan of actions to continue with.

**Antecedence**

Record the situation in which the problem behaviour occurred, for example.

* Time of day, activities that were happening or about to happen.
* Was anything different to usual?
* Any other clues to set the scene.

**Behaviour**

Record the actual behaviour.

* What happened? How long did it last for? How severe was it?
* Did anyone present do anything to try and manage it? If so, what?

**Consequence**

* How did the behaviour settle? How did the person respond to attempts to manage the behaviour?
* Important to include things that didn’t work. What worked well?
* Were there any significant consequences, eg family member now refusing to visit, care staff injured, patient fell or hurt themselves?
* Did anything else happen after the episode of behaviour?

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| Date and Time | Antecedent (What triggered or came before the behaviour?) | Describe the behaviour (include location and other aspects of the environment (eg, lighting, noise) | Consequence (What did you do, or what happened to the behaviour? How severe was it?) | Outcome  (What did the observed person do after the incident was over?) |
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