

Prader-Willi Syndrome Behavioural Management Tips

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Individuals with PWS can often show behaviour which others might find challenging. Understanding the reasons behind the behaviour often requires specialist intervention which we provide to the people we support in our services. But there are some useful strategies and tips that can work quickly in everyday situations for individuals living in PWS services or in the home environment.

1

DEVELOP POSITIVE RELATIONSHIPS:

The more positive the relationship, the easier it will be to resolve challenging situations.



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KNOW THE PERSON:

Understand what might upset someone.
Understand how to approach them in the best way if they are distressed.

KEEP CALM:

Always respond to someone whose behaviour is escalating in a calm and reassuring manner.



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BE PRO-ACTIVE:

If you know that something may upset someone then ensure to keep communication positive and offer explanations/alternatives rather than only discussing the negative.

E.G "We have had to change around your shopping because of your appointment, but it means you will have more time to shop and won't be rushed".

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BE HELPFUL:

Support individuals with any problems to try and resolve them as quickly as possible.

If it cannot be settled immediately then give a timeframe for it to be discussed.

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ACKNOWLEDGE THEM:

It is always important to acknowledge someone's feelings. Even if we think an issue is trivial, it is important to them.

MAKE THEM LAUGH:

Try to de-escalate a situation with humour.

This works best when you know the individual well.

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USE DISTRACTION:

Suggest playing a game, doing something in the garden, or talk about an event they are looking forward to.

Be creative and imaginative with your suggestions.

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USE ACTIVE LISTENING:

If someone is upset and wants to get something off their chest, ask them to write it down. This shows you are listening properly.

Once the situation has calmed, it gives you a chance to review what was said and agree anything that needs to be done as a result of the conversation.

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GIVE PEOPLE SPACE:

Sometimes, people just need time and space to calm down

This may mean redirecting other individuals out of the area

Make sure to check they are ok later on!

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