Understanding Challenging Behaviors in Respite Care
Training and Discussion Guide

This Training and Discussion Guide is intended to provide a format for solidified, retainable learning for a group of direct service professionals in conjunction with recordings of the “Challenging Behaviors in Respite Care” webinar series. This series comprises four parts, through the lifespan: Challenging Behaviors in Children (ages birth – 16); Young Adults (ages 16 – 21); Adults (ages 21-65); Older Adults (ages 65+).

Target audience: Direct service professionals that work with individuals with special health care needs, including respite care providers and management.

Purpose: Provide guidelines to help facilitate productive and educational group discussion on challenging behaviors experienced with clients in the workplace, focused on practical tips and strategies to avoid and de-escalate challenging behaviors.

Part 1
Watch webinar recording. DSP and/or respite provider groups should watch the Challenging Behaviors webinar recording for the age group closest to the clients they serve.

Part 2
Discussion format: 1-2-4-ALL. In this discussion format, the audience will be asked a series of questions about what they just learned. Participants will think about and respond to these questions using the following framework:

- Individuals will first spend one minute thinking about their personal responses to the question. Individuals may write these reflections down on a piece of paper, for their personal reference.
- Next, individuals should form pairs/groups of two, and spend three minutes discussing the question between themselves.
- Pairs should then join into groups of four or six (depending on the group size), and spend a further five minutes discussing the question.
- Finally, bring the conversation back to the group level, and have one individual from each group report key findings to the group as a whole.

Repeat this process for all the questions. Feel free to add in or remove questions as you wish.

Questions:

1) What, in your opinion, is the most important thing you learned from this training? Why?

2) Chose one thing you learned from this training, that you did not previously know or do not regularly apply to your work. How will you incorporate or apply it in your work moving forward?

3) Chose one strategy or tactic discussed in this training, that you think would be difficult to apply in your work. Why is this? How can the strategy be modified to be applicable in your workplace AND/OR What can be put in place to help you use this strategy in the workplace?
What, in your opinion, is the most important thing you learned from this training? Why?

1 minute: Silent self-reflection by individuals
3 minutes: Form pairs and compare notes and reflections
5 minutes: Share ideas in groups of four or six
One person from each group reports back to whole group

Individual reflection notes here: __________________________________________________________
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Pair discussion notes: __________________________________________________________
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Notes from group. (Please recruit one note taker per group): ______________________________
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Challenging Behaviors in Respite Care – 1-2-4-ALL

**Chose one thing you learned from this training, that you did not previously know or do not regularly apply to your work. How will you incorporate or apply it in your work moving forward?**

1 minute: Silent self-reflection by individuals
3 minutes: Form pairs and compare notes and reflections
5 minutes: Share ideas in groups of four or six
One person from each group reports back to whole group

Individual reflection notes here: __________________________________________________________
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Pair discussion notes: ___________________________________________________________________
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Notes from group. (Please recruit one note taker per group): ________________________________
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Challenging Behaviors in Respite Care – 1-2-4-ALL

*Choose one strategy or tactic discussed in this training, that you think would be difficult to apply in your work. Why is this? How can the strategy be modified to be applicable in your workplace AND/OR What can be put in place to help you use this strategy in the workplace?*

1 minute: Silent self-reflection by individuals
3 minutes: Form pairs and compare notes and reflections
5 minutes: Share ideas in groups of four or six
One person from each group reports back to whole group

Individual reflection notes here: __________________________________________________________
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Pair discussion notes: ___________________________________________________________________
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Notes from group. (Please recruit one note taker per group): _________________________________
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