

Preventing challenging behaviour of adults with complex needs in supported accommodation

Peter McGill, Tizard Centre, University of Kent

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Project staff

- Peter McGill (Principal Investigator)
- Vivien Cooper, Lisa Hopkins, Glynis Murphy (Co Investigators)
- Leah Vanono, Will Clover, Emmett Smyth (Research Associates)
- Christopher Joyce, Kate Henderson, Susy Davis and Roy Deveau (Research Assistance)
- Nick Barratt (general facilitation)

What should we do about challenging behaviour?

- Send people off for treatment?
- Treat people locally?
- Train the staff?
- Support people differently?

Methods

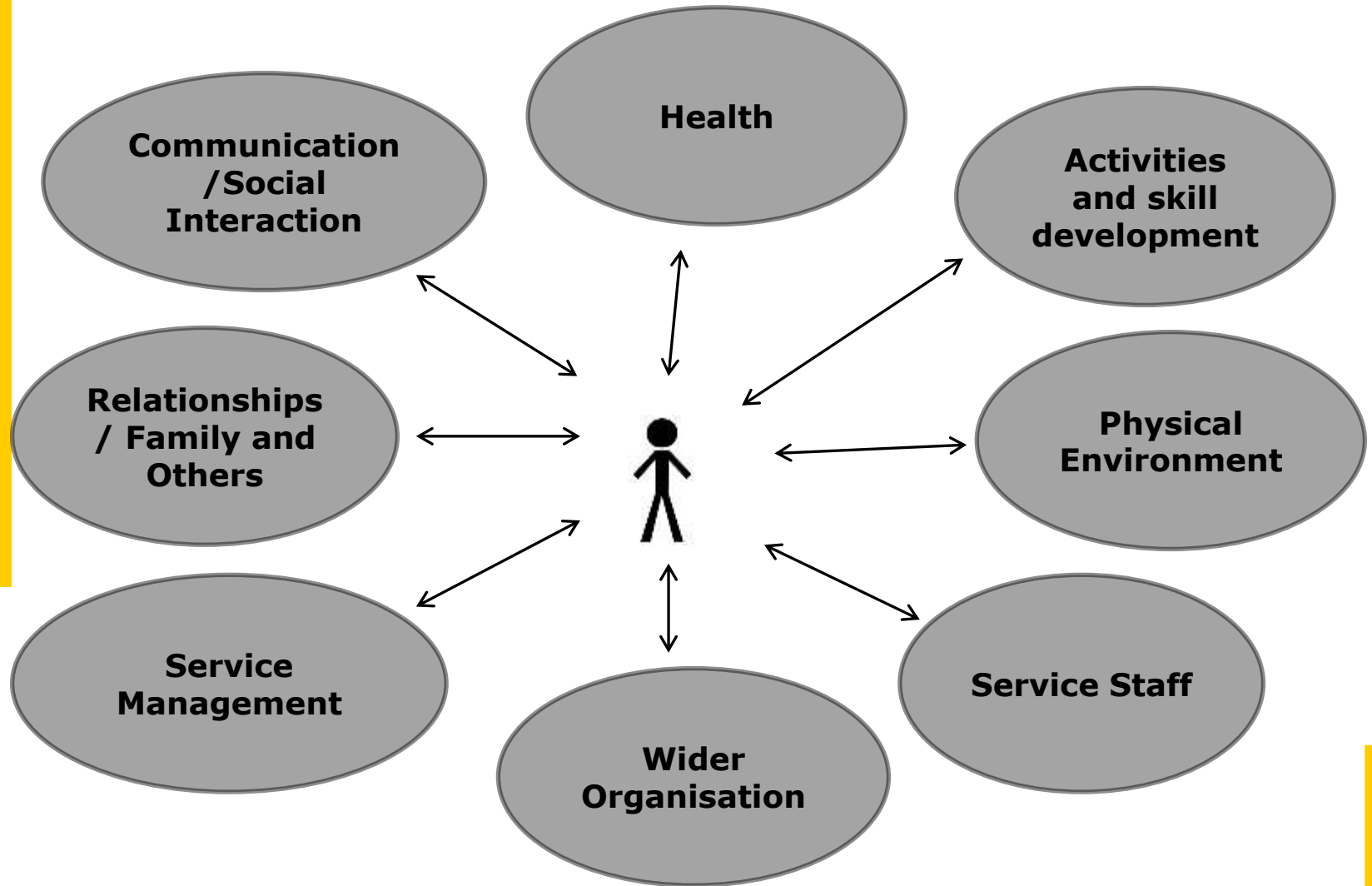
- Cluster randomised controlled trial
- Baseline data collected within *Dimensions* settings
- Random allocation of settings to experimental/control groups
- Intervention in experimental settings for 9-12 months during 2013-14
- Follow up data on challenging behaviour, quality of social care and the effects of the intervention on people living in the settings and the staff supporting them

Measures

- Data on service users including
 - Aberrant behaviour checklist (primary outcome measure)
- Observations
 - Momentary time sampling of service user activity and staff support
 - Rating of quality of staff support (active support measure)
- Data on staff including
 - Ratings of impact of intervention

Intervention

- Structured model of social care
- Agreeing goals or standards for the setting to achieve
- Support, training, monitoring and feedback with staff
- = Setting wide positive behaviour support

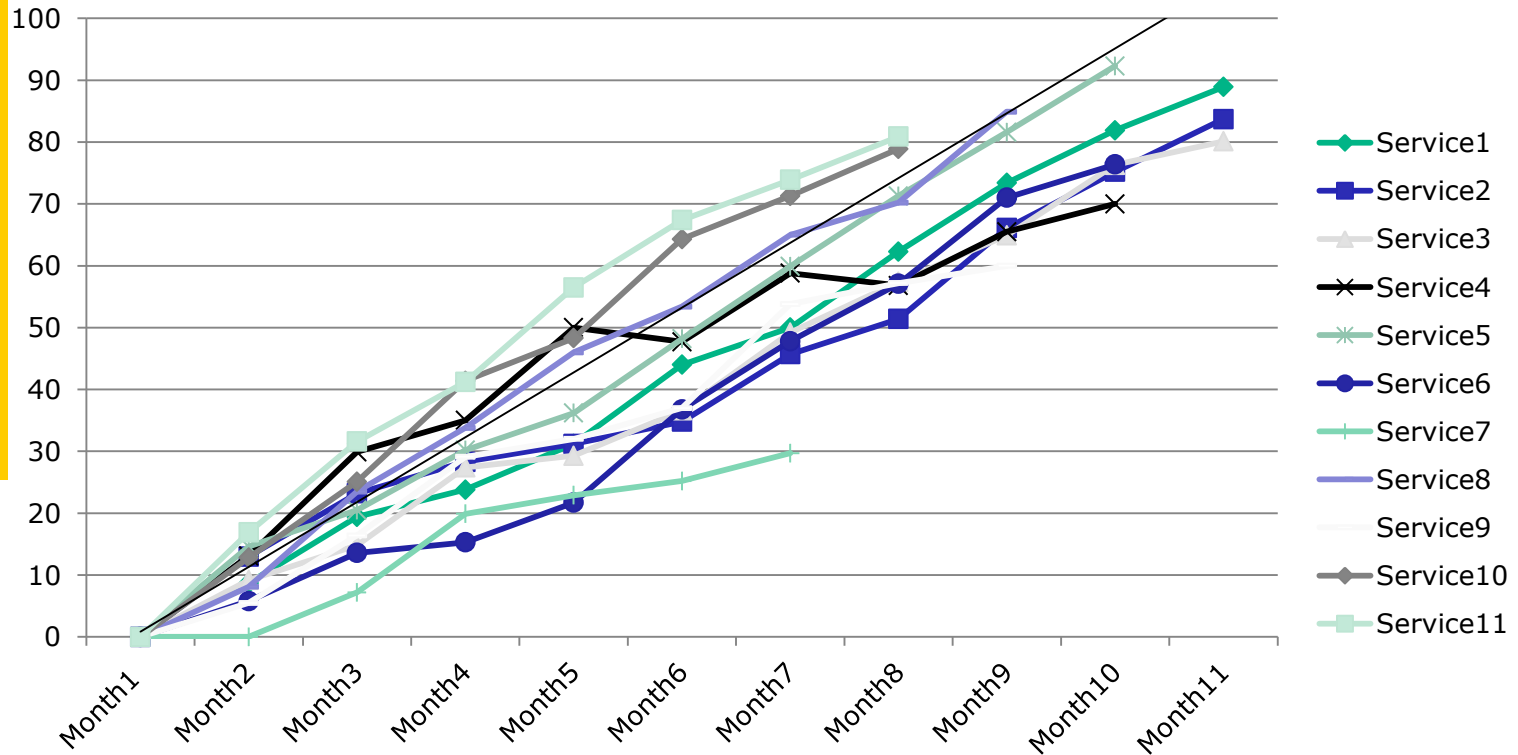


Sample standard

STEPS OF PROGRESS		Tick RED	Tick AMB ER	Tick GREE N
1.	The people we support will have structured predictable, personalised activity schedules, which include a minimum of four community based activities per week and one novel activity per month.			
a.	Behaviour Analysts in collaboration with The Deputy Manager conduct a review of current activities engaged in for each person we support and produce a list.			
a.	The Manager and Deputy facilitate completion of a reinforcement inventory for each person we support to assess activity preferences.			
a.	The Manager and Deputy compile a list of all duties staff must complete in order to run the service.			
a.	The Behaviour Analysts and Manager work together on researching all suitable community activities available to the people we support.			
a.	The Behaviour Analysts support the Manger to design an individualised activity schedule for each person we support which confirms a) All individualised activity schedules will include a minimum of four community based meaningful activities per week b) all individualised activity schedules will include a minimum of three meaningful in house activities per day c) all individualised activity schedules will include a minimum of five daily living skill activities per day.			
a.	All Keyworkers research and schedule one 'novel' activity per month for each person we support.			
a.	The Manager will conduct a monthly reliability review of the daily logs of two random people we support which confirms a) daily logs have recorded the persons we support engaging in 80% of all scheduled activities, b) daily logs from both people we support reach an 80% reliability index.			

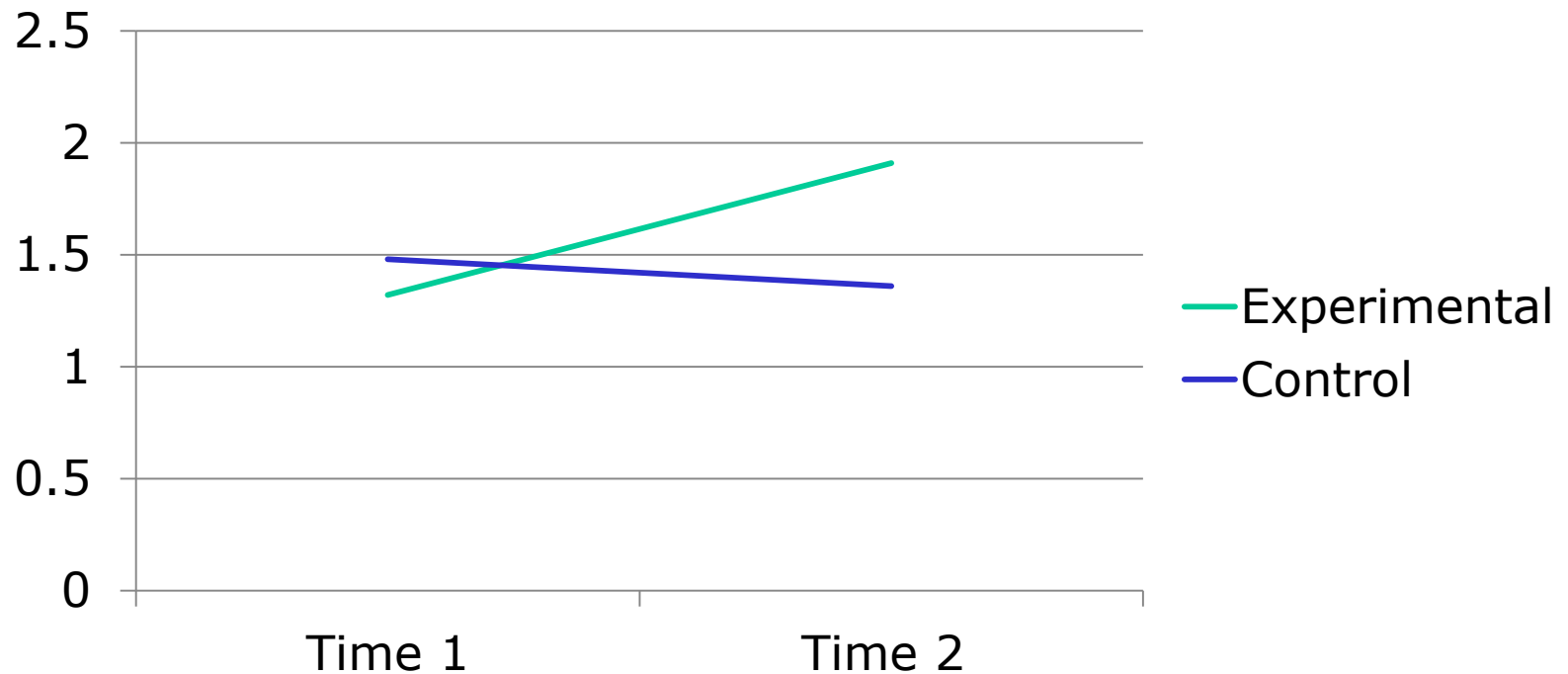
Outcomes (1)

- Standards set and very substantially achieved



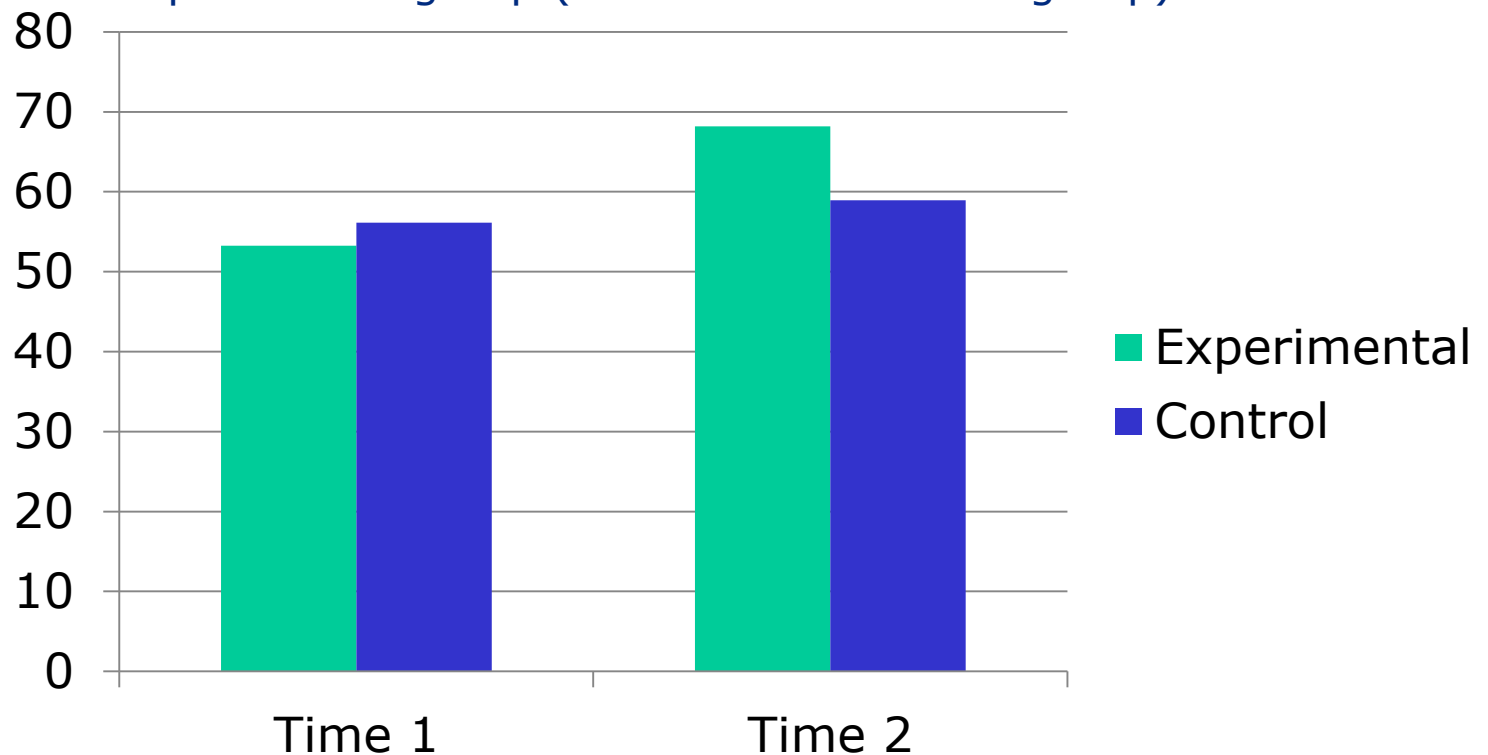
Outcomes (2)

- The way staff worked changed substantially
 - Provided more choice, more activities, presented demands more carefully etc (active support scores increased by almost 50% while control group scores went down)



Outcomes (3)

- Better lives for the people supported
 - Meaningful activity increased from 53% to 68% in experimental group (56 to 59% in control group)



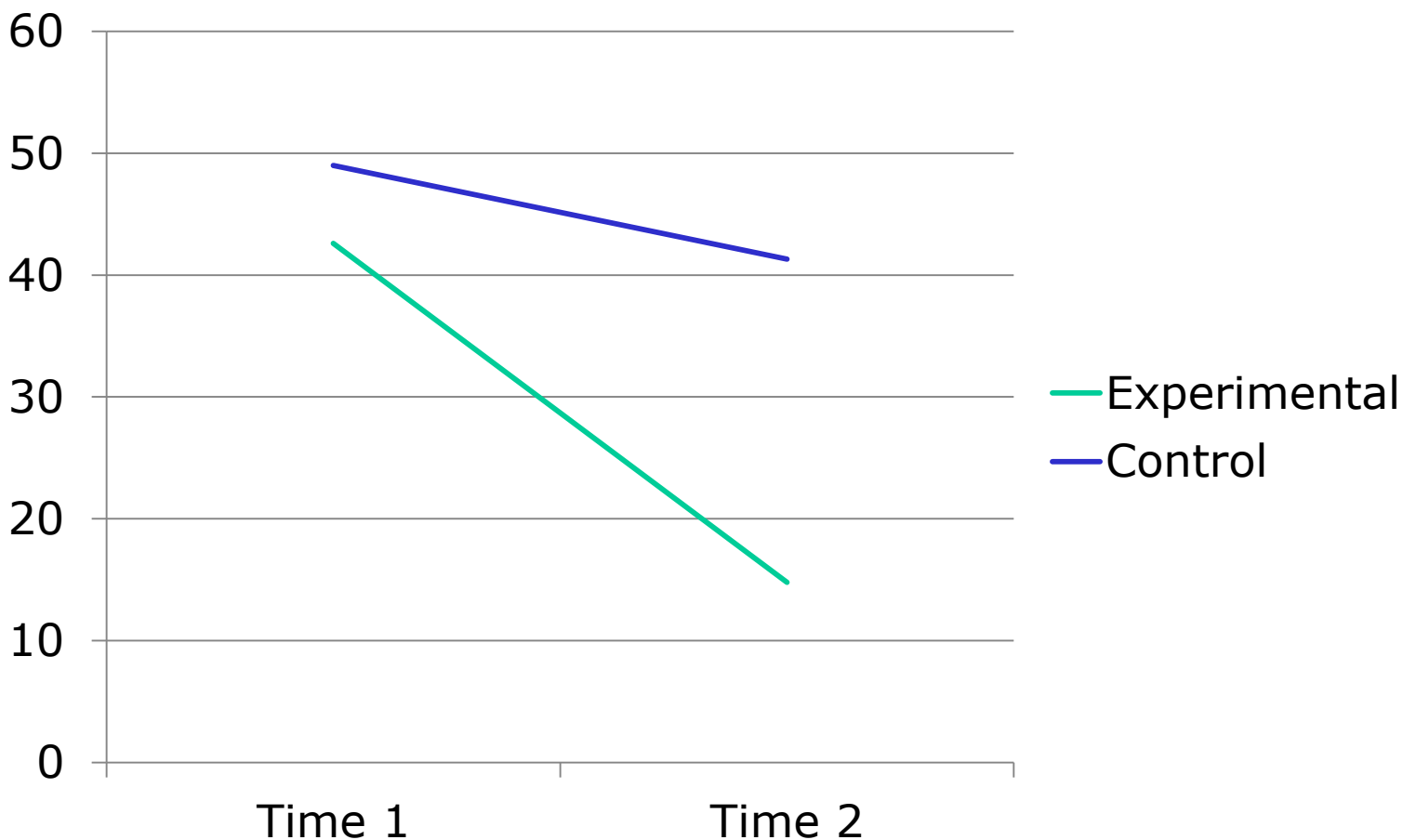
Outcomes (4)

- Better lives for supporters
 - 62% of staff reported better working quality (29% no change, 8% worse), 74% reported enjoyable, 72% that had gained skills

Outcomes (5)

- Substantial reduction in challenging behaviour
 - ABC score reduced significantly (43 to 15 vs 49 to 41)
 - Observed challenging behaviour reduced from 25% to 10% (vs 26 to 19% in control group)

Aberrant Behaviour Checklist scores



Outcomes (6)

- Not systematically measured or intended but number of settings have been awarded prizes for “outstanding” support delivery”, “beacon for positive support” etc.

General Reflections

- Basic premise (social care related to challenging behaviour) supported
- The intervention model is generally acceptable, often greeted with enthusiasm and seems to be capable of producing change
- Not a replacement for individually focused positive behaviour support but may produce more sustainable and systemic change that affects more people

Thank you!

- Very grateful for organisational support (crucial to success)
- Very grateful for support of managers, frontline staff, the people supported, family members and others...we were changing things (which is never easy) and often making everyone's life harder, at least temporarily
- The results suggest it was worth it and we'll give you some more "real" examples in a minute

- Next steps
 - Follow up happening just now to see if changes maintained after 18 months
 - Dimensions planning roll-out of approach based on the research (more later)
 - Next research steps
 - Develop handbook
 - Replicate and extend findings e.g. in larger studies with multiple providers using additional measures and exploring economic impacts
 - Publish and disseminate

Contact Information:

Peter McGill

P.McGill@kent.ac.uk

Tizard Centre
University of Kent
Canterbury
Kent
CT2 7LR