

# Behavior Support Plan Worksheet

**Person's Name:**

**Date:**

**Team Members:** Who is involved in the process?

**Settings:** Where will the plan be used?

## Goals

**Target Behaviors:** What exactly does the person say or do that is of concern?

Description of behavior  
(what person says or does)

Baseline Estimate  
(how often, how long)

**Broad Goals:** What are the larger goals for the person and family/organization?

## Information Gathering

### Interviews

(who)

### Observations

(when, where)

## Pattern Analysis

Identify circumstances in which the person's behavior of concern is most likely and least likely and what he or she seems to get as a result of that behavior.

When is the behavior...

**Most likely**

**Least likely**

**When**

**Where**

**With whom**

**What  
activities**

What does the person...

**Get**

**Avoid**

## Strategies Based on Patterns

Summarize the patterns identified using the following format and then identify strategies to prevent, teach, and manage behavior based on the patterns (one summary statement per page).

When this occurs...  
(describe circumstances)

the person does...  
(describe behavior)

to get or avoid...  
(describe consequences)

**Prevent Behavior:** What changes will be made to avoid problems, make difficult situations better, or prompt good behavior?

**Teach Skills:** What skills will be taught to replace the problem behavior?

**Manage Consequences:** How will you respond to reward positive behavior and not problem behavior?

**Other Support:** Identify support /services needed to insure your person's safety or quality of life.

## Action Plan

**What will be done?**

**By Whom?**

**By When?**

**Monitoring:** How often will the plan be monitored?     daily     weekly     monthly     other

How will implementation and outcomes be evaluated?

Excepted and adapted from Hieneman, M., Childs, K., & Sergay, J. (2006). Parenting with positive behavior support: A practical guide to resolving your child's difficult behavior. Baltimore: Paul H. Brookes Publishers.