

## Positive Behaviour Support and STOMP medication reduction working together



Eddie is 39 and has cerebral palsy and a learning disability. Eddie does not use verbal communication.



He lives in a residential home with 2 other men with a learning disability and they have 24 hour staff support.



Eddie had been prescribed the antipsychotic drug, Risperidone, since 2007. There is no clear reason for this and he does not have a mental health problem.



It is thought that Risperidone was prescribed to manage behaviour that others found difficult.



When the community learning disability team met Eddie he was continuing to display behaviours that others found difficult – grabbing and moaning.



He was first seen by psychiatry for a review of his medication with a plan to increase this to manage his behaviour.



Instead of making changes to his medication the psychiatry team asked the positive behaviour support team to do some assessment of Eddie's behaviour.



The positive behaviour support team worked with Eddie, his family and carers to find out the reasons why he was grabbing and moaning.



The positive behaviour support assessment helped show that Eddie's grabbing and moaning was the only way he had of letting others know what he wanted.

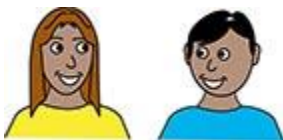


The positive behaviour support team provided education sessions and personalised workshops to support Eddie's staff team to understand his behaviour and come up with new ways of making sure he got what he needed.

**This included:**



Active support, a method of modelling and coaching staff to enable Eddie to become more involved in his everyday life.



Intensive interaction, an approach to interaction which encouraged staff to use Eddie's own communication style to enjoy time together in a different way.



After seeing new ways of supporting Eddie working, his family and care staff wanted to reduce his medication.



A pharmacist became involved to help Eddie, his family and carers make a plan for reducing Risperidone. Over 6 months Eddie's medication was reduced and he became medication free.



Eddie is now more alert and energetic. He is doing more of the activities he enjoys like swimming and going to the football. His family and carers now interact with him in a way that means a lot to him and their relationships have improved.