

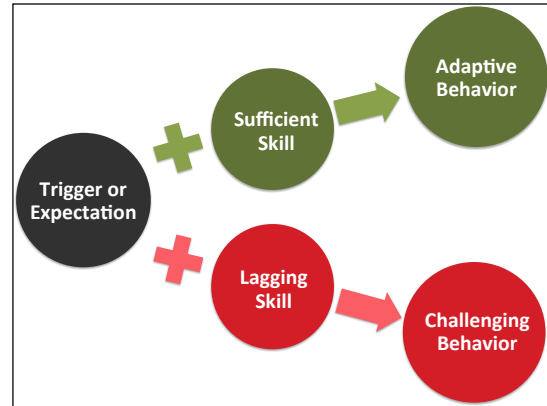
CPS Assessment and Planning Tool for Adults

Client's Name _____

Date _____

Responding to life's demands requires a lot of thinking skills. If an individual doesn't have the skills to handle a trigger or meet an expectation, we call it a "problem to be solved." Until we solve that problem, the trigger or expectation is likely to result in some form of challenging behavior.

The most important task during the assessment phase is identifying the specific triggers or expectations that frequently lead to challenging behavior, as well as the thinking skills that would help the individual to handle those demands more adaptively.



Part 1: Identifying Triggers/Expectations, Lagging Skills, and Challenging Behaviors

<p>TRIGGERS/EXPECTATIONS +</p> <ul style="list-style-type: none"> • These are the demands that the person is having a hard time meeting. • They are the triggers, expectations, precipitants, antecedents, situations, or contexts that can lead to challenging behavior. • When making your list, describe the who, what, when and where. Be specific! 	<p>LAGGING SKILLS →</p> <ul style="list-style-type: none"> • Lagging skills are the reasons that an individual is having difficulty meeting these expectations or responding adaptively to these triggers. • Take a guess at which specific lagging skills are contributing by looking at the list of triggers/expectations, and referring to the Thinking Skills Reference Sheet. 	<p>CHALLENGING BEHAVIORS</p> <ul style="list-style-type: none"> • These are the observable, challenging behaviors that often bring up the greatest concerns for caregivers or clinicians. • Examples are yelling, swearing, refusing, aggression, etc. • The challenging behaviors are the result of an individual not having skills to handle the triggers or expectations.

THINKING SKILLS REFERENCE SHEET

Language and Communication Skills

- Understands and processes spoken words with adequate speed
- Understands and follows conversations well enough to respond
- Expresses concerns, needs, or thoughts in words
- Is able to tell someone what's bothering him or her

Attention and Working Memory Skills

- Stays with tasks requiring sustained attention
- Does things in a logical sequence or set order
- Keeps track of time; correctly assesses how much time a task will take
- Reflects on multiple thoughts or ideas at the same time
- Maintains focus and concentration
- Ignores irrelevant noises, people, or other stimuli; tunes things out when necessary
- Considers a range of solutions to a problem

Emotion- and Self-Regulation Skills

- Manages emotional response to frustration so as to think rationally
- Manages irritability well enough to respond appropriately to others
- Manages anxiety well enough to respond adaptively
- Thinks before responding; considers the likely outcomes or consequences of actions
- Can adjust his/her arousal level to meet the demands of a situation (e.g., calming down after being upset)

Cognitive Flexibility Skills

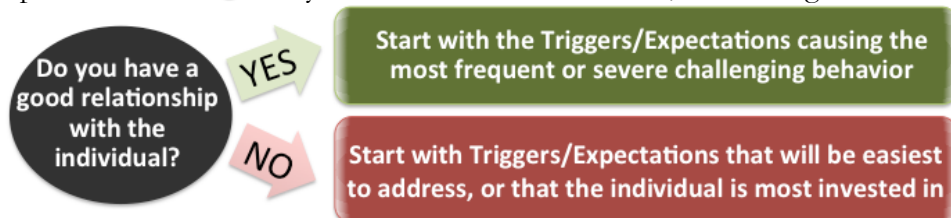
- Handles transitions, shifts easily from one task to another
- Is able to see "shades of gray" rather than thinking only in "black-and-white"
- Thinks hypothetically, is able to envision different possibilities
- Handles deviations from rules, routines, and original plans
- Handles unpredictability, ambiguity, uncertainty, and novelty
- Can shift away from an original idea, solution, or plan
- Takes into account situational factors that may mean a change in plans
- Interprets information accurately/avoids over-generalizing or personalizing ("Everyone's out to get me," "Nobody likes me," "You always blame me," "It's not fair," "I'm stupid," or "Things will never work out for me.")

Social Thinking Skills

- Pays attention to verbal and nonverbal social cues
- Accurately interprets nonverbal social cues (like facial expressions and tone of voice)
- Starts conversations, enters groups, and connects with others appropriately
- Seeks attention in appropriate ways
- Understands how his or her behavior affects other people
- Understands how he or she is coming across or being perceived by others
- Empathizes with others, appreciates others' perspectives or points of view

Part 2: Planning and Prioritizing Problems to Solve

Next, decide which Triggers/Expectations are the first to be addressed with Plan B. Mark those Triggers/Expectations with (B). If you're not sure where to start, use these guidelines:



For Triggers/Expectations that won't get Plan B right away, mark with (A) or (C) (for now).

- Choose Plan A if trying to get your expectation met is more important than reducing challenging behavior.
- Choose Plan C if reducing challenging behavior is more important than getting the expectation met for now.

REMINDER: As problems get solved using Plan B, you will choose new Triggers/Expectations from those marked A and C to be addressed next with Plan B.