



<b>Date created:</b> / /
<b>1<sup>st</sup> Review date:</b> / /
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## My Understanding – Rapid Support Sheet for ....

### History: past hobbies, past employment, family, friends

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### Likes /dislikes and wishes

Likes:	Dislikes:	Wishes:
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### Interesting facts

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### Diagnosis/Medical Information

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**Support strategies**

**Behaviours identified**

**Current needs**

**Triggers / early warning signs**

Triggers:

Early warning signs

**Actions used to prevent the behaviours (70% Prevention strategies)**

**Actions used to de-escalate the behaviours (20% De-escalation strategies)**

**Actions used to react to the behaviours (10% Emergency strategies)**